THE

ANNUAL REPORT

OF THE

COURT OF DIRECTORS

OF THE

WESTERN LUNATIC ASYLUM

TO THE LEGISLATURE OF VIRGINIA,

WITH THE

REPORT OF THE PHYSICIAN,

FOR 1841.

RICHMOND:
PRINTED BY SHEPHERD AND COLIN.

1842.

OFFICERS OF THE ASYLUM.

COURT OF DIRECTORS.

SAMUEL CLARKE, *President.*
NICHOLAS C. KINNEY, *Secretary.*
Col. JAMES CRAWFORD,
DAVID W. PATTESON,
WILLIAM KINNEY,
ROBERT S. BROOKE,
THOMAS J. MICHIE,
EDWARD VALENTINE,
KENTON HARPER,
ALEXANDER H. H. STUART,
JAMES POINTS,
L. L. STEVENSON.

SUPERINTENDENT AND PHYSICIAN.

Dr. FRANCIS T. STRIBLING.

TEASURER.

JOHN B. BRECKENRIDGE.

STEWARD AND MATRON.

SAMUEL M. WOODWARD,
MARY WOODWARD.

REPORT.

The president and directors of the Western lunatic asylum, respectfully submit to the general assembly, this their annual report for the year ending on the 31st December last.

From the treasurer's accounts, which have been transmitted to the first auditor, it will appear that the sum received from the treasury of the commonwealth during the year amounts to $18,958 64, of which $2314 25¾ was expended in furnishing the new building, $1526 67 in cancelling a debt outstanding on support account prior to 1841, $792 90 in the erection of a new dining room for the accommodation of the patients occupying the old building, and $14,334 84¼ for the necessary support of the patients. Add to this latter sum, the sum of $1041 36, which was deducted by the auditor from the sum appropriated, on account of clothing furnished at the penitentiary store, and it will make the whole sum expended during the year 1841, for the actual support of the asylum, $15,376 19¼.

It will be observed from the above statement, that the sum of $792 90 was expended in the erection of a new dining room. A proper economy of labour, furniture and provision, as well as the comfort and advantage of the patients, called for this improvement. It enables us to bring together at meals a larger number than could be conveniently collected for that purpose in any part of the old building, and at a point directly accessible from the kitchen. It will also relieve us from the necessity of furnishing many with their meals separately, or in a manner more troublesome and wasteful than at a common table. On the whole, being convinced that it would materially diminish the current expenses, we deemed it proper to draw upon the annual support fund for the cost of erecting it. It is proper to add, that no inconsiderable portion of the material was already on hand, but of an unsaleable description, that could not have been profitably disposed of in any other manner.

There has also been received during the year, the sum of $5125 07¼ on account of the maintenance and cure, during several years past, of such patients as were able to pay for the benefits of the institution, the authority to collect which, was placed in our hands by the act of March 1841. Of this fund, the board advanced during the year to the workmen employed on the new building, the sum of $3221 14¼, and the balance will be found credited on the support account. It is proper to remark, that if this sum had not been advanced to their workmen, in all probability they would have been compelled to relinquish their work, and the building, instead of being at this time nearly filled with patients, would have exhibited an unfinished and exposed condition, and could not have been rendered fit for their reception before the middle of the present year. And moreover, having been already involved in pecuniary difficulties by advances made to them on account of the work in hand, and on their credit as *bona fide* contractors with the commonwealth, they might have been compelled, without our aid, to sacrifice to a large amount their justly earned claims. Under these circumstances, with the means in our hands, the first fruits of our agency as collectors of that fund, which has heretofore proved unavailable to the commonwealth, but which now promises to relieve it from no inconsiderable portion of the future expense of the asylum, we deemed it our duty to apply a part of them in this manner, and thereby to avert also from the commonwealth, the additional expense of keeping a number of lunatics in the common jails a year longer, and to rescue many of those unfortunate persons, if possible, from inveterate and incurable insanity.

In addition to the balance in the hands of the treasurer, which amounts to the sum of $1893 98⅓, there will probably be wanting for the support of the asylum during the present year, the sum of $22,000, including the sum of $1390, to be deducted on account of clothing furnished at the penitentiary store. This estimate is based upon the expenditure of the last year, which was $15,376 20, and the fact that we shall have 60 additional patients to provide for. We cannot estimate the amount which will be required for this increase of numbers, in addition to the balance on hand, at less than $6623 80, and therefore re-

spectfully recommend the appropriation of the above named sum of $22,000.

We regret to say, that in consequence of the difficulty of procuring a sufficient number of such iron pipes, as would stand the proper test of their strength and fitness, we have been disappointed in our expectation of having the asylum supplied at this time with an abundance of good water; as soon however as the season will permit, the contractor will recommence his operations, and doubtless by the first of the next summer the work will be completed.

By the act of March 1841, we are required in addition to the annual expose of the financial affairs of the institution, to submit to the legislature a report on various other topics relative to the history, condition and treatment of the insane persons committed to our care. In the performance of this duty, we have deemed it altogether pertinent to the object of that enactment to collect and embody in this report all such facts and views, having reference to the maintenance and cure of such persons as would have a probable tendency to remove misapprehension respecting the management, discipline and utility of lunatic asylums generally, and particularly of our own, to excite a humane interest in the public mind in behalf of those persons for whose benefit they are established, and especially to satisfy your honourable body that the wise and humane policy of our state is here under all the circumstances faithfully and judiciously administered. For this object we respectfully call your attention to the report of our able and indefatigable physician and superintendent, Dr. F. T. Stribling, herewith submitted as part of this report, and marked A. And allow us to add that there is not a page of this full and luminous document which will not be read with deep interest by every humane citizen, and we doubt not that all such will be convinced by its perusal that this once mysterious and painful subject of insanity is still greatly misunderstood, and invites to the most pleasing and successful efforts of public and social benevolence.

Being fully convinced that both humanity and economy would be consulted by the immediate enlargement of the asylums of the state, we would particularly and respectfully call your attention to the considerations embraced in this report which lead to that conclusion. You will be

highly gratified to find that upwards of 80 per cent. of such cases of insanity as may be properly termed recent, have been and can be frequently cured. And from this single fact is readily deduced the unquestionable truth that to subject promptly all such cases as they occur in the state to the medical and moral treatment which has proved so successful, would, within a few years, reduce greatly the proportion of insane within our borders, and relieve the state from an incalculable amount of future expense.

Your attention will also be attracted to the comparative cost, as appears from this report, which has already accrued to the state in providing for the recent and inveterate cases in the Western lunatic asylum. You will perceive from this statement how important it is to take prompt measures to guard, as far as possible, against a further accumulation of inveterate and incurable cases. We would respectfully ask your attention likewise to the present condition of lunatics confined in our common jails, of which you will find some notice in the superintendent's report. Whatever restraints it may be found necessary to place upon their persons, we cannot perceive that it is not perfectly practicable to extend to them in other respects kind treatment, to secure them in such positions as would be least painful to body and mind, and to provide more effectually for their cleanliness and general comfort. We are satisfied that if the jailors of the commonwealth could be induced, by proper legal sanctions, to attend with more punctuality and humanity to the cleanliness and comfort of the insane under their care, that it would ultimately relieve the asylums from many incurable patients.

January 1, 1842.

TREASURER'S ACCOUNT.

The treasurer of the Western asylum respectfully presents to the court of directors, the following statement in reference to the "support account" for the year 1841:

The treasurer charges himself as follows, viz:

For cash received from treasury of commonwealth, - - - -	18,958 64
For receipts from individuals for board, &c. after deducting commission for collection,	1,903 92⅓
	$20,862 56⅓

He credits himself as follows:

For payments for		
Salaries, (including his commission,) - -	3,193 95	
Wages, - -	298 84	
Servants' hire, - -	1,284 77	
Provisions, - -	5,264 11	
Fuel and lights, - -	1,496 23¼	
Improvements and repairs, -	604 07	
Furniture, - -	545 90¼	
Clothing, - -	441 04½	
Medical supplies, -	160 29¼	
Hay, straw, oats and rye, -	323 28¼	
Female expenses, -	19 87	
Miscellaneous, - -	702 47¼	
Amount properly chargeable to support, - -	14,334 84¼	
Furnishing new building, -	2,314 25¾	
Building new dining room,	792 90	
Debts outstanding prior to 1841,	1,526 67	
Cash on hand, balance to new account, - -	1,893 89⅓	
Carried forward,		20,862 56¼

Brought forward,	20,862	56¼
Deduct balance on hand, - -	1,893	89⅓
Total paid out during the year 1841,	18,968	66⅔
If from this sum be deducted the amount as above charged for furnishing new building, erecting dining room, and paying outstanding debt, none of which items can properly be charged amongst the current expenditure for the support of patients, and which in the aggregate amount to - -	4,633	82¾
Balance, -	14,334	83¼
To which should be added the amount retained by auditor out of annual appropriation for clothing furnished from penitentiary during the last fiscal year, - -	1,041	36
Giving as the amount properly chargeable for support of asylum during the year 1841,	$15,376	19¼

In estimating the probable amount which will be required for the support of the institution during the year 1842, it must be recollected that there will be about sixty additional patients to be maintained; and moreover, that from whatever sum the legislature may appropriate, the auditor will retain $1393, to discharge an account due the penitentiary for clothing, &c. during the present fiscal year of the commonwealth. On the other hand, also, it will not be forgotten that there is now in the hands of the treasurer, remaining from the appropriation of last year, $1893 89⅓. In view of these facts, I would respectfully suggest to the court of directors, that they solicit at the hands of the legislature, an appropriation of $22,000, to defray the current expenses of the asylum for support during the year 1842.

J. B. BRECKENRIDGE,
Treas'r Western Asylum.

PHYSICIAN AND SUPERINTENDENT'S REPORT.

REGISTER OF PATIENTS IN WESTERN ASYLUM,

FROM JANUARY 1st, TO DECEMBER 31st, 1841

No.	Date of Admission.	Age.	Sex.	Civil Condition.	Residence.	Supposed Cause.	Duration before admission. Yrs.	Mos.	Time spent in Asylum. Yrs.	Mos.	Days.	At whose expense.	Discharged or remaining.	In what condition.	Remarks, hereditary, periodical, demented, &c.
1	1828—July 24,	35	Male,	Single,	Orange,	Hard study,	4	0	13	5	7	Public,	Remains,	Much improved,	Labours
3	" " 25,	44	Female,	Married,	Washington,	Religious excitement,	2	6	13	5	6	Do	Do	Do.	Industrious and useful.
4	" " 25,	51	Do.	Do.	Do.	Unknown,			13	5	6	Do	Do	Unimproved,	Demented
5	" " 28,	54	Do.	Single,	Spottsylvania,	Indulgence of temper,			13	5	3	Do	Do	Do	Paroxismal, hereditary
7	" Aug. 7,	44	Male,	Do.	Fluvanna,	Dissipation,	2	6	13	4	24		Do	Much improved,	Homocidal; industrious and useful
12	" " 15,	39	Do.	Do	Frederick,	Intemperance,	3	0	13	4	16	Do	Do	Unimproved,	Demented, hereditary.
18	" Sep. 1,	53	Female,	Widow,	Richmond,	Religious perplexity,	1	6	13	4	0	Do	Died,	Do.	Death produced by phthisis pulmonalis
20	" " 8,	61	Male,	Unknown,	Middlesex,	Unknown,			13	3	31	Do	Remains,	Improved,	Foreigner, demented, labours some
24	" " 20,	53	Do.	Single,	Berkeley,	Intemperance,			13	3	11	Do	Do	Do	Demented, labours some.
25	" " 22,	53	Female,	Do	Lewis,	Epilepsy,			13	3	9	Do	Do.	Unimproved,	Paroxismal, demented.
33	" Nov. 21,	41	Do.	Do.	Louisa,	Disappointed love,	3	0	13	1	10	Do	Do.	Much improved,	Industrious and useful
37	1839—Jan. 13,	37	Do.	Do.	King George,	Indulgence of temper,	5	0	12	11	18	Do	Do.	Unimproved,	Hereditary; paroxismal
39	" Apr. 8,	43	Male,	Do.	Jefferson,	Unknown,			12	8	23	Do	Do.	Improved,	Labours some
40	" June 4,	54	Do	Do	Rockingham,	Intemperance,	5	0	12	6	27	Do	Do	Do	Demented, labours some
43	" July 21,	40	Do	Do.	Rockbridge,	Unknown,	6	0	12	5	10	Do	Do.	Unimproved,	Demented; hereditary; labours some
52	1830—Aug 5,	31	Do	Do.	Montgomery,	Intemperance,	4	0	11	4	23	Do	Do	Do,	Demented
54	1831—Mar. 1,	41	Female,	Married,	Tyler,	Domestic trouble,	2	0	10	9	6	Do	Do	Do	Do.
56	" July 30,	61	Male,	Widower,	Harrison,	Unknown,	5	0	10	5	0	Do	Do	Improved	
59	" Nov 1,	51	Do.	Single,	Alleghany,	Intemperance,			10	2	0	Do	Do	Much improved,	Industrious and useful
62	1832—May 27,	36	Do.	Do	Goochland,	Religious excitement,	6	0	9	7	4	Do	Do	Improved,	Demented,
65	1833—Dec. 27,	39	Do.	Do.	Russell,	Ill health,	3	0	8	0	4	Do	Do.	Much improved,	Industrious and useful
68	1834—Sep 16,	36	Do.	Do.	Prince William,	Hard study,	7	0	7	3	15	Do in part,	Do	Unimproved,	Paroxismal
69	" " 21,	37	Female,	Do.	Rockbridge,	Unknown,	12	0	7	3	10	Do	Do	Improved,	Demented, labours some.
74	1836—May 26,	31	Male,	Do.	Do.	Ill health,	1	0	5	7	5	Do	Do.	Unimproved,	Do do.
75	" " 30,	41	Female,	Do.	Do.	Do.	10	0	5	7	1	Do in part,	Do.		Paroxismal hereditary
77	" June 28,	33	Male,	Do.	Augusta,	Intemperance,	2	0	5	6	0	Do	Died,	Do.	Death produced by chronic diarrhœa
78	" " 28,	43	Do.	Married,	Do.	Ill health,	5	0	5	5	29	Do	Remains,	Much improved,	Industrious and useful
84	" July 19,	49	Female,	Do	Unknown,	Unknown,			5	5	12	Do	Do	Improved,	Demented
89	" Aug. 12,	43	Do.	Do	Hampshire,	Domestic trouble,	3	0	5	4	18	Do	Do	Unimproved,	Industrious and useful
92	" " 24,	61	Do.	Single,	Rockingham,	Loss of property,	2	0	5	4	7	Do	Do.	Much improved,	Paroxismal.
93	" " 24,	43	Do	Married,	Orange,	Ill health,	1	0	5	4	7	Do	Do	Unimproved,	Paroxismal.
94	" Sep. 1,	57	Do.	Widow,	Cabell,	Domestic affliction,			5	4	0	Do	Do.	Much improved,	Hereditary, paroxismal; labours.
95	" " 18,	45	Male,	Married,	Frederick,	Intemperance,			5	3	12	Do	Do.	Improved,	Hereditary, paroxismal
102	" Oct. 3,	46	Do.	Do.	Marshall,	Jealousy,	5	0	5	2	28	Do.	Do	Much improved,	Industrious and useful, paroxismal
103	" " 22,	61	Female,	Do.	Lewis,	Unknown,			5	2	21	Do.	Do	Unimproved,	Wanderer, residence unknown, labours
104	" Nov 2,	39	Male,	Single,	Cabell,	Intemperance,	1	0	5	1	28	Do.	Do		Industrious and useful
107	" Dec. 21,	29	Female,	Widow,	Albemarle,	Intemperance,	3	0	5	0	10	Do.	Do.	Do	Demented.
108	1837—Jan. 25,	37	Male,	Unknown,	Unknown,	Death of husband,			4	11	3	Do.	Died,	Do	Residence unknown, died of chronic diarrhœa
110	" Mar 29,	25	Do	Single,	Fairfax,	Unknown,			4	9	2	Do.	Remains,	Do	Demented.
112	" May 1,	31	Female,	Do.	Hampshire,	Misturbation,	6	0	4	8	0	Do.	Do.	Improved,	Paroxismal, hereditary
114	" June 10,	25	Do.	Do.	Wood,	Indulgence of temper,	2	0	4	6	21	Do.	Do.	Unimproved,	Paroxismal.
120	" Sep. 19,	29	Male,	Do.	Berkeley,	Religious excitement,	2	0	4	3	13	Do.	Do.	Do.	Demented
122	" Dec. 28,	41	Do.	Do.	Cumberland,	Hard study,	16	0	1	0	3	Private,	Do.	Improved,	Paroxismal; hereditary
125	1838—Feb. 7,	39	Female,	Married,	Mercer,	Unknown,	6	0	3	10	24	Public,	Do.	Do.	Paroxismal.
126	" " 26,	36	Male,	Single,	Albemarle,	Domestic trouble,	13	0	3	10	11	Private,	Do.	Do.	Demented.
131	" June 4,	34	Female,	Married,	Tyler,	Blow on head,			3	6	27	Public,	Do.	Do	
137	" Oct 16,	37	Do.	Single,	Nelson,	Domestic trouble,	1	1	3	2	15	Private,	Do.	Do.	Paroxismal; labours
140	" Dec. 22,	26	Male,	Do.	Fluvanna,	Litigation about property,	5	0	3	0	3	Public,	Do.	Much improved,	Periodical
147	1839—Apr 24,	25	Do.	Do.	Albemarle,	Epilepsy,			2	8	7	Do.	Do	Unimproved,	Demented; hereditary
153	" July 19,	29	Female,	Married,	Charlotte,	Masturbation,	3	0	2	5	11	Private,	Do	Do.	Paroxismal; industrious
155	" Aug 24,	29	Do.	Single,	Louisa,	Ill health,	2	0	2	4	10	Public in part,	Do.	Do	Demented, hereditary
157	" Oct 21,	33	Do.	Married,	Richmond,	Do	7	0	2	2	10	Private,	Do.	Stationary,	Paroxismal; industrious
159	" Nov. 9,	24	Do.	Single,	Amherst,	Loss of children,			2	1	22	Public,	Do.	Unimproved,	Demented.
162	" " 15,	23	Male,	Do.	Jefferson,	Religious perplexity,	2	0	2	1	16	Do.	Do.	Improved,	Periodical.
163	" " 19,	46	Do.	Do.	Bedford,	Hard study,	20	0	2	1	12	Private,	Do.	Do.	Demented.
166	1840—Feb. 17,	51	Do	Married,	Cumberland,	Unknown,	2	0	1	10	14	Do	Do.	Unimproved,	Homocidal, paroxismal
167	" Mar. 5,	28	Do	Single,	Caroline,	Gold fever,			1	9	26	Public in part,	Do.	Much improved,	Paroxismal
168	" " 7,	51	Do.	Do.	Richmond,	Hard study,	7	0	1	9	21	Private,	Do.	Unimproved,	Demented
169	" " 30,	53	Female,	Do.	Augusta,	Religious excitement,			1	9	0	Public,	Do	Improved,	Industrious.
172	" May 2,	41	Male,	Married,	Harrison,	Loss of property,	5	0	1	7	29	Do.	Do.	Much improved,	Industrious and useful
175	" July 3,	35	Female,	Single,	Lee,	Unknown,			1	5	18	Do.	Do.	Improved,	Industrious and useful, paroxismal
176	" " 7,	31	Do	Do.	Bedford,	Do.	7	0	1	5	24	Do.	Do.	Do.	Homocidal; periodical.
						Ill health,									

REGISTER OF PATIENTS IN WESTERN ASYLUM,

FROM JANUARY 1st, TO DECEMBER 31st, 1841.—CONTINUED.

No.	Date of Admission.	Age.	Sex.	Civil Condition.	Residence.	Supposed Cause.	Duration before admission.		Time spent in Asylum.			At whose expense.	Discharged or remaining.	In what condition.	Remarks, hereditary, suicidal, homicidal, demented, &c
							Yrs.	Mos.	Yrs.	Mos.	Days.				
178	1840—Sep. 9,	38	Female,	Single,	Prince Edward,	Ill health, - - -	13	0	1	3	24	Private,	Remains,	Unimproved,	Demented.
180	" " 19,	23	Male,	Do.	Henrico,	Intense application, - -	2	0	0	9	14	Do.	Discharged,	Restored	
181	" " 26,	36	Do.	Married,	Norfolk,	Intemperance, - -	0	8	1	1	5	Do.	Died,	-	Death produced from cerebral congestion
182	" Oct. 21,	58	Do.	Do.	Rockingham,	Domestic troubles, - -	0	3	0	4	6	Do.	Discharged,	Do.	
183	" " 27,	18	Female,	Single,	Loudoun,	Ill health, - - -	1	1	0	6	1	Do.	Do.	Do.	
184	" Nov. 4,	40	Do.	Do.	Augusta,	Do. - - -	0	6	0	6	25	Public,	Do.	Do.	
185	" Dec. 19,	51	Do.	Do.	Do.	Fright, - - -	15	0	1	0	12	Do.	Remains,	Much improved,	Periodical, hereditary, industrious and useful
186	1841—Jan. 21,	23	Male,	Do.	Orange,	Disappointed love, - -	0	9	0	5	6	Private,	Discharged,	Restored.	
187	" Feb. 18,	58	Do.	Married,	Bath,	Ill health, - - -	0	2	0	4	0	Do.	Do.	Do.	
188	" " 19,	40	Do.	Widower,	Alleghany,	Pecuniary embarrassment, -	0	6	0	4	14	Public,	Do.	Do.	
189	" Mar. 4,	46	Do.	Single,	Rockingham,	Idleness and ennui, - -	0	1	0	2	25	Private,	Do.	Do.	Suicidal; now perfectly restored
190	" Apr. 26,	33	Do.	Married,	Do.	Sedentary and studious habits,	0	2	0	2	22	Public,	Eloped,	Convalescent,	Moral insanity.
191	" May 7,	33	Female,	Do.	Richmond,	Sexual derangement, - -	10	0	0	7	24	Private,	Remains,	Improved,	
192	" " 31,	19	Do.	Single,	Loudoun,	Do. do. - -	0	3	0	5	3	Do.	Discharged,	Restored.	
193	" June 6,	45	Do.	Married,	Randolph,	Jealousy, - - -	0	10	0	2	20	Public,	Do.	Do.	
194	" " 8,	46	Do	Do.	Orange,	Sudden death of friend, -	2	0	0	6	23	Private,	Remains,	Convalescent,	Hereditary.
195	" " 8,	50	Do.	Widow,	Pittsylvania,	Ill health, - - -	1	6	0	4	26	Public,	Discharged,	Restored.	
196	" " 8,	27	Do.	Single,	Fauquier,	Religious excitement, - -	0	3	0	6	23	Do.	Remains,	Improved,	Paroxismal, second attack, works
197	" " 26,	48	Male,	Married,	Augusta,	Apprehended loss of property,	0	6	0	4	8	Do.	Discharged,	Restored.	
198	" July 2,	20	Do.	Single,	Greenbrier,	Disappointed love, - -	0	4	0	4	0	Do.	Do.	Do.	
199	" " 8,	37	Female,	Married,	Charlotte,	Ill health, - - -	0	4	0	4	0	Do.	Do.	Do.	
200	" " 14,	27	Do.	Single,	Hardy,	Sexual derangement, - -	3	0	0	5	17	Private,	Remains,	Unimproved,	Paroxismal
201	" " 22,	22	Do.	Do.	Wheeling,	Disappointed love, - -	1	6	0	5	9	Public,	Do.	Much improved,	Industrious and useful
202	" " 24,	38	Male,	Married,	Roanoke,	Pecuniary embarrassment, -	0	2	0	5	7	Do.	Do.	Unimproved,	Paroxismal
203	" Aug. 5,	24	Female,	Single,	Richmond,	Ill health, - - -	0	6	0	4	20	Private,	Do.	Improved.	
204	" " 6,	67	Male,	Married,	Greene,	Domestic trouble and pecuniary losses,	0	10	0	0	16	Do.	Died,	-	Hereditary; death by chronic disease of digestive organs.
205	" Sep. 3,	43	Female,	Single,	Hanover,	Ill health, - - -			0	3	28	Do.	Remains,	Do.	Second attack.
206	" Oct. 1,	14	Male,	Do.	Harrison,	Precocious puberty, - -	0	6	0	3	0	Public,	Do.	Restored,	Detained to test permanency of cure
207	" " 5,	36	Female,	Married,	Randolph,	Ill health, - - -	0	2	0	2	26	Do.	Do.	Recovered,	Do. do do
208	" " 11,	31	Male,	Do.	Unknown,	Unknown, - - -			0	2	17	Do.	Do.	Improved,	Industrious and useful.
209	" " 21,	35	Female,	Do.	Preston,	Domestic trouble, - -	1	0	0	2	10	Do.	Do.	Unimproved,	Suicidal
210	" " 21,	19	Do.	Single,	Do.	Religious excitement, - -	0	2	0	2	10	Do.	Do.	Recovered,	Industrious and useful
211	" Nov. 9,	34	Male,	Do.	Bedford,	Loss of property, - -	2	0	0	1	22	Do.	Do.	Improved.	
212	" " 11,	21	Do.	Do.	Botetourt,	Masturbation, - -	2	0	0	1	20	Do.	Do.	Do.	Demented; labours
213	" " 12,	27	Do.	Do.	Rockbridge,	Blow on head, - -	4	0	0	1	10	Do.	Do.	Do.	Labours.
214	" " 12,	48	Do.	Married,	Do.	Pecuniary embarrassment,	3	0	0	1	10	Do.	Do.	Do.	
215	" " 13,	28	Female,	Single,	Augusta,	Puerperal, - - -	0	2	0	1	18	Do.	Discharged,	Recovered,	Industrious.
216	" " 13,	23	Male,	Do.	Hampshire,	Religious perplexity, - -	0	0	0	1	18	Private,	Remains,	Improved,	Demented.
217	" " 17,	20	Do.	Do.	Frederick,	Inhaling tobacco fumes, -	3	0	0	1	14	Public,	Do.	Do.	Paroxismal; labours some
218	" " 19,	34	Do.	Do.	Hanover,	Intemperance, - -	8	0	0	1	11	Private,	Do.	Stationary	
219	" " 22,	42	Do.	Do.	Rappahannock,	Unknown, - - -	15	0	0	1	9	Public in part,	Do.	Do.	Demented.
220	" " 25,	About 47	Do.	Unknown,	Unknown,	Do. - - -			0	1	6	Do.	Do.	Improved,	German wanderer, history unknown
221	" " 25,	50	Do.	Single,	Do.	Do. - - -			0	1	6	Do.	Do.	Do.	Wanderer; history unknown, labours.
222	" " 27,	44	Do.	Married,	Berkeley,	Intemperance, - -	2	6	0	1	4	Private,	Do.	Do.	
223	" " 28,	35	Do.	Do.	Wythe,	Unknown, - - -	10	0	0	1	3	Public,	Do	Do.	Labours; hereditary
224	" Dec. 1,	35	Do	Single,	Unknown,	Do. - - -			0	0	30	Do.	Do.	Do.	Wanderer; labours
225	" " 2,	13	Do.	Do.	Buckingham,	Ill health, - - -	1	1	0	0	29	Private,	Do.	Do.	
226	" " 4,	63	Do.	Married.	Unknown,	Unknown, - - -			0	0	27	Public,	Do.	Do.	Wanderer.
227	" " 4,	45	Do.	Do.	Pulaski,	Domestic trouble, - -	16	0	0	0	27	Do.	Do.	Do.	
228	" " 6,	25	Do.	Single,	Unknown,	Unknown, - - -			0	0	25	Do.	Do.	Do.	Wanderer; labours.
229	" " 6,	18	Do.	Do.	Warren,	Ill health, - - -	14	0	0	0	25	Do.	Do.	Stationary,	Demented.
230	" " 11,	44	Do.	Married,	Charlotte,	Pecuniary embarrassment,	0	9	0	0	20	Do.	Do.	Convalescent,	Industrious.
231	" " 13,	19	Do.	Single,	Do.	Ill health, - - -	0	3	0	0	18	Private,	Do.	Stationary,	Hereditary.
232	" " 14,	About 45	Do.	Unknown,	Unknown,	Unknown, - - -			0	0	17	Public,	Do.	Do.	Wanderer; history unknown.
233	" " 14,	35	Do.	Single,	Frederick,	Epilepsy, - - -	15	0	0	0	17	Do.	Do.	Do.	
234	" " 14,	34	Do.	Do.	Do.	Dissipation, - -	8	0	0	0	17	Private,	Do.	Improved,	Labours
235	" " 25,	45	Do.	Do.	Marshall,	Intemperance, - -	5	0	0	0	6	Public,	Do.	Stationary.	
236	" " 27,	24	Female,	Married,	Montgomery,	Puerperal, - - -	0	2	0	0	4	Private,	Do.	Improved.	
237	" " 28,	26	Male,	Do.	Harrison,	Unknown, - - -	1	6	0	0	3	Public,	Do.	Stationary.	
238	" " 28,	36	Do.	Single,	Do.	Do. - - -	4	0	0	0	3	Do.	Do.	Do.	

December 31, 1841.

FRANCIS T. STRIBLING,
Phys. and Sup't Western Asylum.

To the President and Directors of the Western Asylum:

Another year in the history of this institution is added to the past; and its events, as disclosed by our records, are designed as the basis of the present communication.

The directors having at all times evinced a zealous devotion to the interests of the asylum, and manifested an earnest regard for the well being and comfort of its afflicted inmates, it is with no small degree of gratification that I feel authorized to assure them, that the year has been one of unusual prosperity. The number of cures in proportion to the *recent* cases under charge, has equalled our most sanguine expectations. The improvement in the moral and physical condition of the incurables, has been most pleasing and encouraging. Contentment and cheerfulness have reigned, with but slight interruption, throughout our establishment. Health, "the rich man's blessing and the poor man's friend," has, in an extraordinary degree, both blessed and befriended us. Acute disease, in none of its varied forms, has invaded our threshold—and death has borne from us but few of those whom it has been our happiness, no less than duty, to guard. In these results we are delighted to recognize the hand of an approving Providence, and with heartfelt gratitude for the past, humbly relying upon a continuance of the goodness and mercy thus vouchsafed, we feel encouraged to persevere in our efforts for that large class of human sufferers, who are so deeply interwoven with our sympathies, and to whose claims we hope never to become more indifferent.

In what I may have to present, the following arrangement will be observed:

1st. It will be my object to exhibit the statistics of the institution for the past year in detail, and in a tabular form.

2d. To present the statistics of a number of similar institutions in trans-atlantic countries and in the United States, particularly as regards the proportion of cures effected therein, and to compare these with the results in this asylum, during a given number of years.

3d. To present for your inspection a statement exhibiting the cost of purchasing the land, and erecting thereon a number of the asylums for the insane, of the highest repute in this country, that you may be enabled to compare therewith the cost which has attended the establishment and construction of this institution.

4th. With a view of enforcing the importance of so enlarging the accommodations for this class of unfortunates in Virginia, as that all can be admitted in the early stage of their disease, a statement will be presented, shewing the excess of cost for supporting those whose malady is permitted to become chronic, over what is incurred with recent cases of insanity. There may be some, even in this boasted age of benevolence and philanthropy, who upon this subject, will deem no argument so cogent, as that which is derived from dollars and cents.

5th. A tabular view will be exhibited of insanity, as it exists throughout the United States, shewing the number of insane whites, free coloured and slaves, and the proportion of these to their respective classes of the population in each state and territory; and the per cent. of the whole to the aggregate population of the Union.

All of the above named tables will be accompanied with such explanations and remarks as may seem necessary to render them intelligible and useful.

And lastly, a brief account will be given of the mode in which this institution has been conducted during the past year, both as to its medical and moral government, illustrating the result of the means used, by a description of appropriate cases.

TABLE I.

Shewing the number of Admissions and state of Asylum, from January 1st to December 31st, 1841.

Patients in asylum during the year, -		-	122
Males, - - -	73		
Females, - -	49		
	—	122	
At the commencement of the year, -		-	69
Males, - - -	36		
Females, - -	33		
	—	69	

Admitted during the year, - - -			53
Males, - -	37		
Females, - -	16		
	—	53	
Old, - - -	32		
Recent, - -	21		
	—	53	
Remain at the end of the year, -		-	100
Males, - - -	59		
Females, - -	41		
	—	100	
Old, - - -	91		
Recent, - -	9		
	—	100	

From this table it may be seen that in the course of the past year, there have been in the asylum *one hundred* and *twenty-two* patients, of whom *seventy-three* were males and *forty-nine* females.

There remained at the close of the previous year, *sixty-nine*, viz: *Thirty-six* males and *thirty-three* females.

There were received during the year, *fifty-three;* of whom *thirty-seven* were males and *sixteen* females.

And there remain at this date, *one hundred;* of whom *fifty-nine* are males and *forty-one* females.

This is the largest number who have ever enjoyed the advantages of the institution during any one year, and results from the gratifying fact, that about the 15th of November, a large and commodious edifice was completed, adjacent to the former building, and affording accommodations for about sixty additional patients; a sufficient number have been written for, (from a list of applicants amounting to about *one hundred* and *eighty*) to occupy its apartments, but as many of these are in remote portions of the state, and as some preliminaries were necessary in all probability, on the part of those having them in charge, before they could be removed hither, time has not as yet been allowed all of them for their arrival.

The disproportion here exhibited between the sexes, affords no criterion by which to judge of their relative number in the state—but results solely from the circumstance, that our new building was designed exclusively for male

patients—and hence, whilst there are apartments for one hundred males, only forty-one females can be accommodated.

It will also be seen from this table, that of the number admitted during the year, *twenty-one* were *recent*, and *thirty-two chronic* cases; and as the impression has been produced in some places, that it has been an inflexible rule to exclude from this institution the latter class, whilst the former alone found admittance, and thereby the *ignorant* have become somewhat prejudiced against us, it may be well to invite particular attention to the fact as disclosed by this table. It is true that the court of directors, having learned from observation that about *ninety* per cent. of all cases of insanity could be cured, if the individuals were placed under proper treatment within one year of the date of its occurrence, whilst a very inconsiderable proportion of those who had been much longer insane, were ever restored—and knowing that our list of applicants contained the names of a sufficient number of the latter, if received in the order of their application, to occupy all the vacancies which might reasonably be expected to occur for many years—and moreover, on examining the law, having found it silent as to the *order* in which applicants should be admitted, did not hesitate, as humane and intelligent men, so to exercise the discretion thus allowed them, as that whenever a vacancy happened, and there was one applying who had been deranged less than one year, to admit him, in preference to those whose condition had become hopeless. In no instance however has an apartment been kept unoccupied, awaiting an *application*. To have pursued a different course, would have been not only to consign the individual *recently* insane, to the horrors of incurable madness, but also to place him, most probably, in a common jail, to endure all the privations and sufferings, to relieve from which must have been the *chief* motive in admitting the chronic applicant; and thus too, *both* would have continued a charge upon the commonwealth during life. From considerations therefore of economy as well as humanity, the directors doubtless felt constrained to make this discrimination; and it is to be hoped that they will continue to do so, until at least our legislators so far lose sight of the great principles which should govern statesmen and philanthro-

pists—nay, until they do such violence to the plain dictates of good sense and good feeling as to deface the statute book of Virginia, with a clause prohibiting in express terms the exercise of such a discrimination—an occurrence which cannot for one moment be anticipated or apprehended, so long as the legislature continues, as it has ever heretofore been, composed of intelligent and virtuous individuals.

TABLE II.

Shewing the number of Discharges, Elopements and Deaths, and the condition of those who have left the Asylum, from January 1st to December 31st, 1841.

Patients discharged, eloped and dead,		-	22
Males, - - -	14		
Females, - -	8		
	—	22	
Recovered, - - -		-	15
Males, - - -	8		
Females, - -	7		
	—	15	
Died, - - -		-	6
Males, - - -	5		
Females, - -	1		
	—	6	
Eloped, - - -		-	1
Male, (convalescent,) -	-	1	

The whole number who have left the asylum during the year, is *fourteen* males and *eight* females—of whom *fifteen* had recovered, *eight* males and *seven* females—*six* died, *five* males and *one* female, and *one* male eloped.

From most insane institutions in this country a considerable number are annually discharged, who are not restored or even improved, because—1st, They are permitted to discharge all patients whose malady is deemed incurable, and from whom no danger to the community need be apprehended, in order to afford room for those applicants whose disease, being of recent occurrence, is consequently more easily acted upon by remedies designed for its removal; and secondly, in many instances a large proportion of the patients, and in some, all are required to pay their expenses,

and hence it frequently occurs that the friends, either from an inability or indisposition to bear the burthen of their support, remove them from the institution even before a sufficient opportunity has been afforded to test the use of remedies in their behalf.

In this asylum, however, our list of discharges must be restricted almost exclusively to those who may recover, elope or die. By far the greater number of our patients are paupers, who were brought here in the chronic stage of insanity, and we are compelled by law, to keep them during life or until cured. Hence as they were incurable when admitted, and as the salubrity of our location insures to them in the general, length of days, and moreover, as they become too much attached to the institution to leave it clandestinely, it should not create surprise that our list of discharges, when compared with others, seems so small.

It will be seen from the table just presented, that the deaths amount to 4 $\frac{91}{100}$ per cent. only, of the whole number of patients in the asylum during the year, all of which, it may be added, resulted from diseases of long standing. One died of pulmonary consumption, two of chronic diarrhœa, one of cerebral congestion, (it being the fifth attack within eighteen months,) and two from the effects of chronic derangement of the digestive organs.

The individual who eloped, had laboured under *suicidal* insanity, and was brought here, after having made several attempts (in one of which he was near being successful,) to destroy his life. After being with us nearly three months, his mental and physical health had so much improved, as to relieve us of all apprehension, that he would injure himself or others, indeed he was considered decidedly convalescent, and hence he was permitted to walk about the grounds of the institution without being attended or watched. He had left at home a wife and five small children, who were extremely poor, and who had been entirely dependent on his exertions for support, and a consciousness of their condition, after he had begun to improve, rendered him at all times anxious and uneasy. He made frequent applications to me for permission to return home, urging the helplessness and necessities of his family, and assuring me that he felt entirely capable of ministering again to their comfort, as his mind was altogether relieved from

those distressing hallucinations which had at one time destroyed his peace, and been well nigh consigning him to an untimely grave. In reply to these solicitations, it was my pleasure to encourage him, by sanctioning the opinion that his mental disease was almost, if not entirely removed. But at the same time I endeavoured to reconcile him to remaining a short period longer at the institution, by holding out to him the danger of a relapse and the consequent importance of having his cure confirmed by a continuance in the use of proper means. His feelings, however, at length overcame the dictates of his own judgment, no doubt, as well as his respect for my opinions, and becoming too impatient to await a *formal* discharge, he left the asylum without apprising us of his intended departure. It has, however, been a source of gratification to me, having learned that immediately after his arrival at home, he resumed his former occupation (teaching school,) and that although five months have now elapsed since he left us, he has not only continued thus employed, but has seemed, without variation, to be rational and contented, as well as useful.

TABLE III.

Shewing the civil condition of Patients in the Asylum from January 1st, to December 31st, 1841.

	Males.	*Females.*	*Total.*
Married, - -	21	18	39
Single, - -	47	27	74
Widows, - -	0	4	4
Widowers, - -	2	0	2
Unknown, - -	3	0	3
	73	49	122

The facts disclosed by this table, correspond in the main with those reported in regard to the civil condition of the insane, from most, if not all such institutions in this country—shewing that the unmarried are much oftener the victims of insanity than the married—the proportion being about two of the former to one of the latter. When we reflect on the accumulated cares and responsibilities which

matrimony devolves upon our own sex; and the numerous train of physical ills to which the *young mother* is almost uniformly exposed; and when in addition, we consider the many instances, in which to the eye of the world, at least, matrimonial connexions seem to be any thing else than fortunate, we are induced for a moment to wonder at such a result. But when on the other hand, we remember that the unmarried so often give unbridled indulgence to the feelings, propensities and passions of depraved human nature, and that uninfluenced by the wholesome and purifying restraints of matrimony, they plunge recklessly into dissipation and vice, reaping as their reward, a broken constitution, ruined fortune and blasted reputation, we must cease to feel surprise, that in so many instances, they present the pitiable spectacle of a "mind in ruins," and become the tenants of our asylums for this afflicted class of citizens.

TABLE IV.

Shewing the respective ages of Patients in the Asylum from January 1st to December 31st, 1841.

					Males.	*Females.*	*Total.*
Of those under	15	-		years,	2	0	2
between	15	and	20	"	4	3	7
	20	"	30	"	13	11	24
	30	"	40	"	24	16	40
	40	"	50	"	18	11	29
	50	"	60	"	8	6	14
	60	"	70	"	4	2	6
					73	49	122

This table shews the comparative ages of the patients who have been in the asylum during the year. I am not aware of any important practical deductions which can be inferred therefrom, and have only presented it in conformity to the custom which has obtained in similar institutions as exhibited by their annual reports. Others probably may perceive its importance, although I have failed to do so.

TABLE V.

Shews the age at which insanity commenced with Patients who have been in the Asylum during the year 1841.

		Males.	*Females.*	*Total.*
Of those under	15 - years,	4	0	4
between	15 and 20 "	7	10	17
	20 " 25 "	18	9	27
	25 " 30 "	10	9	19
	30 " 35 "	8	3	11
	35 " 40 "	5	6	11
	40 " 45 "	5	4	9
	45 " 50 "	4	2	6
	50 " 55 "	1	1	2
	55 " 60 "	1	0	1
	60 " 70 "	1	0	1
	Unknown,	9	5	14
		73	49	122

The above table exhibits the ages at which the patients who have been in the asylum in the course of the past year became insane. It has afforded matter for controversy amongst medical authors as to the period in life at which individuals are most susceptible to this disease, and it is to be regretted that the superintendents of so few insane asylums, furnish in their reports the data by which alone the difficulty can be solved. Many of the European writers upon the subject have contended that more persons are attacked between the ages of thirty and forty than during any other ten years in life, and in this opinion they are probably sustained by the statistics from most of the British and other European institutions, although those in Paris and its vicinity evidently constitute exceptions. Be this, however, as it may in trans-atlantic countries, there can be but little question that in the United States many more become insane between the ages of twenty and thirty than at any other period of similar duration. The truth of this assertion is proved by the experience of every institution in this country from which care has been taken to report in

regard to this particular, and in none has it been more strikingly demonstrated than in ours. The foregoing table exhibiting the fact that those who became insane between the ages of twenty and thirty, number more than two to one of such as lost their reason during any other period of ten years.

TABLE VI.

Shewing duration of insanity to present time, or to the date of discharge, elopement or death of those in the Asylum in course of the year, commencing January 1st, and terminating December 31st, 1841.

Of those insane less than 1 year,	-	19
" from 1 to 3 years,	-	15
" " 3 " 5 "	-	13
" " 5 " 10 "	-	25
" " 10 " 15 "	-	12
" " 15 " 20 "	-	20
" " 20 " 30 "	-	4
Unknown, - -	-	14
Total,	-	122

We perceive from this table that but a small fraction of those who have been favoured with the advantages of the institution during the year had been insane less than twelve months, whilst about *three-fourths* had been in that hapless condition for more than *three* years, nearly *two-thirds* for more than *five* years, almost *two-fifths* upwards of *ten years*, and about *one-fifth* from *fifteen* to *thirty* years. When we recollect that mental diseases, if placed under proper treatment whilst recent, are even more easily cured than the ordinary physical ills to which the human family are subject, and that if from neglect or any other cause, they be permitted to continue until the brain becomes habituated to its morbid action, then it rarely happens that reason ever again resumes her empire, we can but be mortified and distressed at the exhibition which this table presents ; and was it not that the insane man, although incurable, often displays the keenest sensibilities, and manifests the most lively gratitude for acts of sympathy and kindness extended by

those to whose guardianship and protection he is confided, I should view such a collection of fellow immortals, doomed for life to a hopeless insanity, as presenting a spectacle far too gloomy and discouraging to justify the anxiety and effort which I am called upon daily by my station to undergo in their behalf. But thanks to the liberal and enlightened philanthropy of the present century, it has now been clearly demonstrated that by humane and judicious attentions, the maniac, however riveted the disease, can in his wildest paroxysms of phrenzy be soothed and tranquilized. The dejected and careworn melancholic can be cheered and enlivened. The dreadful apprehensions and imaginary sufferings of the miserable hypochondriac can be dispelled or suspended. The thoughts of the unhappy monomaniac can be diverted from the topic of hallucination which had dethroned his reason, rendering him a burthen to himself and a drone in society; and all, whatever the character or grade of their malady, can be rendered for a time at least, both useful and contented.

It is true that the rational mind can no longer doubt that when an asylum is so limited in its means of accommodation as not to receive all of this class of unfortunates who may require its benevolent provisions, the recent insane should be entitled to its apartments without a contest. Yet it must cause deep regret that so cruel a necessity should ever occur, as to deprive the individual who is even beyond the hope of *cure*, from those aids to *comfort* and *usefulness* which are alone to be found in such institutions. Nor can it be doubted that if the humane and intelligent members of our legislature could be made sensible, either from observation or otherwise, of the happy consequences which result to all classes of the insane from being admitted into the asylums, now so inadequate to the demands upon them, the day would not be distant when every one of this large class of human sufferers in our commonwealth, would have an appropriate refuge in the hours of his affliction.

To illustrate the truth that even the hopelessly insane can by proper management be rendered both useful and happy, the following case is selected from many of which this institution can proudly boast.

No. 65 has been insane about ten years, and those who knew him best, having apprehended danger from his being

permitted to go at large, he was confined for some years to the jail of county, awaiting a vacancy in this asylum. He is quite poor, and previous to his mental affliction supported himself as a common day labourer. He fancies himself a mysterious being, who came into the world he knows not how—and from—he knows not where, unless indeed he "dropped from the sun;" of this however he is certain, that he never had "father or mother in the flesh,"—"that he was not conceived, neither was he born." He believes himself possessed, if not of the attribute of ubiquity, at least of being in several places very remote from each other at one and the same time, and will relate to you with much earnestness, the different occupations in which he is constantly engaged at these various locations. He holds frequent converse with his "father, the spirit," who although invisible to others, is distinctly seen and heard by him, and renders to him daily an account of the product of his multiplied labours, which amounts according to his estimate, to no inconsiderable sum. The father is entitled to one half his earnings, and the remainder, numbering at this time many millions, is at a future day to be at his own disposal. Notwithstanding however the *immense wealth* of this individual, and the high distinction of being *unincumbered with mortality*, he is one of the most industrious and useful men that I have ever seen in the sphere to which he belonged prior to his insanity. He regards neither weather or any other obstacle, but is constantly engaged in necessary and profitable labour. It is only required to intimate what you wish done, and he accomplishes it expeditiously and properly. He is permitted to go *alone* any where that business may call, and is often engaged in labour during the whole day, remote from the building and out of view of both officers and attendants. Such indeed is our confidence in him, that we have even trusted to his charge our stock of cattle and hogs, numbering about forty head, the duty of feeding and otherwise taking care of which, he performs regularly and with scrupulous fidelity. Instead therefore of being in the common jail, (from whence he was brought to us) in a state of filth and wretchedness, at a cost to the commonwealth of about two hundred and fifty dollars per annum, he is here a genteel, orderly, industrious individual, who is at all times cheerful and happy, and is moreover by his labour saving

annually to the state the sum which it would otherwise require to hire and support a labourer to perform more imperfectly the duties now discharged by him.

If circumstances permitted, other instances could be cited of results equally gratifying, but surely this case is sufficient to demonstrate beyond the possibility of doubt, that however disordered the intellect, (short of violent mania on the one hand and confirmed dementia on the other,) and of whatsoever duration, the insane man is still capable of being rendered happy in himself and useful to those around him.

TABLE VII.

Shewing the form of insanity under which those have laboured, who have been in the Asylum in the course of the year 1841.

Of those labouring under mania, - -	57
" melancholic variety,	13
" epileptic "	3
" homocidal "	2
" suicidal "	2
monomania, -	16
dementia, - -	26
idiocy, - -	2
moral insanity, -	1
	122

In attempting a classification of insanity, we have of course encountered the difficulty which all Nosologists must expect, in making a division necessarily so arbitrary. We have endeavoured however so to dispose of the various cases as to represent the *present* condition of each patient, except indeed as regards those who seem to be labouring under *dementia*. It sometimes happens that individuals appear for a short time demented, whose mental vigor is subsequently restored, and as this term is ordinarily used to designate that state of mental incoherence which had been of long standing, and is of all other diseases of the mind most hopeless, we have preferred placing under this head only those whose condition corresponded with this general

understanding, excluding of course such as may have been only for a short time in this state, and of whose recovery we have not despaired.

TABLE VIII.

Classification of Patients in the Asylum during the year 1841, *according to the supposed cause of their insanity.*

FROM MORAL CAUSES.

Domestic afflictions,	10
Ungoverned temper,	3
Religious, (of all kinds,)	9
Loss of friends,	2
Intense study,	7
Disappointed love,	4
Pecuniary embarrassment,	4
Loss of property,	5
Jealousy,	2
Fright,	1
Gold fever,	1

FROM PHYSICAL CAUSES.

Ill health,	24
Intemperance,	14
Epilepsy,	3
Puerperal,	2
Injuries of head,	2
Masturbation,	3
Inhaling tobacco fumes,	1
Precocious puberty,	1

Unknown, 24.

There is no subject connected with insanity of more interest than the causes from which it proceeds; and there is none certainly in regard to which the enquirer has more difficulty to ascertain the truth. The ignorance of some, and the aversion of others to disclosing the circumstances (which are often of a delicate character) connected with the origin of the patient's malady, are obstacles frequently

to be encountered in such investigations—whilst even with the intelligent and communicative, it too often occurs that cause and effect are so confounded, as that the one is improperly made to take the place of the other. We have reason to believe that this is particularly the case in regard to that form of the disease termed "religious insanity." In such cases, the brain has no doubt frequently been acting morbidly for some time, without its being discovered, and at length when influenced by religious feeling, its manifestations upon this subject indicate mental disorder—this the *effect*, is hastily seized upon and assigned as the *cause* of the malady.

Masturbation too, as a *cause* of insanity, we are induced to think is often much exaggerated. Intellect is the great regulator of the human passions and propensities; and as we possess the latter in common with and to as great a degree as other animals, it is only by the former that we are distinguished from and elevated above them. When therefore the mind is thrown into chaos, and man is no longer a rational creature, his animal nature acquires the ascendancy and directs his actions. In this state, too, he is almost invariably cut off from intercourse with his kind, and hence this detestable vice in too many instances becomes his daily habit. When, therefore, in this condition it is first observed, the beholder, forgetting the circumstances which preceded, at once imagines that as no other cause for the mental disorder had ever been assigned, he has made the important discovery; and thus, what in most cases was merely the result of reason dethroned, is chronicled as the monster which expelled her from her empire. In this institution there are a number of individuals addicted to this degrading habit, many of whom are sinking rapidly into a state of fatuity; but we have not felt authorized to place more than *three* of these under this head in the list of causes.

A larger number are reported in this and other tables as "unknown," than we would have desired; but when it is recollected that most of these were insane wanderers, arrested by the civil authorities in various sections of the commonwealth, of whose history nothing could be ascertained—and that many of the patients now here, entered the institution in its infancy, when nothing was placed upon its records, from which we can infer any of the important

circumstances connected with the origin or early stages of their malady, surprise can only be felt that we have succeeded in learning the causes in as many instances.

TABLE IX.

Shewing the number of recent cases under treatment during the year 1841, *and the result in each.*

	Males.	*Females.*	*Total.*
There have been under treatment,	11	10	21
Of whom have been cured, -		-	17
Males, -	9		
Females, -	8		
	—	17	
improved, -		-	2
Males, -	0		
Females, -	2		
	—	2	
not improved, -		-	1
Male, -	1		
Female, -	0		
	—	1	
died, - -		-	1
Male, -		1	

From this table it will be perceived that the whole number of recent cases during the year, in which an opportunity has been afforded to test the use of medicines, amounts only to *twenty-one*, of whom *eleven* were *males*, and *ten females*. Of these *seventeen* recovered, *nine* males and *eight* females; *two* females are improved, *one* male is stationary, and *one* male died.

From this estimate is excluded of course those patients who entered the institution within the last twenty days, as their stay has been of too short duration for the effects of remedies to be developed. The individual above included as having died, was only here sixteen days, and for the same reason should also be excluded, which would leave as proper subjects for this table twenty only; of whom eighty-five per cent. have recovered—a result which we

confidently believe will bear honourable comparison with that in any other insane institution in existence, and one which should speak trumpet-tongued to those misguided individuals, who notwithstanding the lights which have been shed upon this important subject within a few years past, obstinately persevere in retaining their insane friends at home, or in situations equally unfavourable, until their malady becomes confirmed, and they are rendered for life the victims of insanity, it may be, in some one of its most aggravated and distressing forms.

TABLE X.

Shewing the number of Patients in the Asylum during the year at public expense, and those whose expenses were defrayed by themselves or friends.

Number of patients at state expense,			-	-	88
Do.	do.	private expense,	-	-	34
					122

From this table it will be observed that of those in the asylum in the course of the present year, *eighty-eight* have been maintained at the cost of the commonwealth, and *thirty-four* have, out of their own means, or through the liberality of friends, defrayed their expenses. The amount paid by these has varied according to the mode in which each has been accommodated, and in this we have been regulated chiefly by the former habits of the patient, his present condition, and his ability to meet the pecuniary liabilities incurred. Some of those too who are included amongst the state patients, although unable to pay their board, yet having been accustomed to a more genteel and costly style of dress than we would feel at liberty to furnish from the funds of the institution, are supplied with their apparel by their relatives or friends.

As insanity is a disease not alone confined to the poor and ignorant, but embracing amongst its subjects many of the wealthy, the educated and the refined, it is surely a desideratum, both on the score of humanity and economy, that asylums for this class of unfortunates be so conducted

as to afford to the latter, no less than the former, a pleasant retreat in their affliction, where they can be subjected to the necessary restraints and avail themselves of the proper aids to recovery, whilst they are permitted to enjoy the comforts and even the luxuries which they may be able to procure, and to which they had always been accustomed. In this respect, we flatter ourselves, that there has been a decided improvement in our institution during the last few years, particularly since a wise and humane legislature enabled us to provide games, musical instruments, library, carriage and horses, and those other attractive means embraced in our system of *moral machinery*. Until then, no one scarcely, who was able to support his insane relative at home, ever dreamed of sending him to an asylum, and even when at length some such institution had to be resorted to, either for the purpose of cure or restraint, he was forced by a cruel necessity to go beyond the confines of his native state in search of some one more liberally endowed than either of the two he had left behind him, and for the support of which his property was annually taxed.

We are far from supposing that the poor should be excluded from these institutions, to make room for those who have more of this world's goods. We believe that as regards *justice*, their claims are equal, whilst on the score of *benevolence*, those of the *former* are much the strongest; and hence, whenever two individuals are presented as applicants for apartments here, standing in all other respects upon an equal footing, it has been our invariable practice, when both could not be accommodated, to *admit the poor* and exclude the rich.

STATISTICS OF INSANITY.

It has occurred to me that the court of directors would probably be gratified at having presented for their inspection, a statement shewing the per centage of cures which have been effected in some of the best conducted asylums both in Europe and America; not only on account of the cheering success which will be seen to have attended their operations, but because it will enable the directors to institute a comparison, with similar statistics in regard to this institution, and to ascertain therefrom whether the results

in the asylum under their charge have been such as they had a right to anticipate, or can now approve. With this view, therefore, the following tables are submitted, not without first however acknowledging the valuable aid which has been afforded me, in the facts supplied by an able and interesting work, from the pen of Pliny Earle, M. D. resident physician of Friends asylum, Frankford, Pennsylvania, entitled "A Visit to thirteen Asylums in Europe," &c.

TABLE XI.

NAME OF ASYLUMS.	Time.	P. c. of recoveries.
FRENCH ASYLUMS.		
Charenton, - - -	1826 to 1834	42.82
Salpêtriere, - -	1801 to 1813	54.04
BRITISH ASYLUMS.		
Bethlehem, - -	1819 to 1833	45.56
Saint Luke's, - -	1751 to 1801	43.52
Wakefield, - - -	1819 to 1836	44.20
Lancaster, - - -	1817 to 1832	39.82
Retreat near York, -	1796 to 1835	46.43
Cork, Ireland, - -	20 years,	52.48
OTHER EUROPEAN ASYLUMS.		
Amsterdam, Holland, -	2½ years,	34.35
Utrecht, " -	1832 to 1837	40.78
Turin, Italy, - -	1827 to 1836	45.59
Aveesa, Italy, - -	1813 to 1833	38.85
AMERICAN ASYLUMS.		
Pennsylvania hospital, -	1752 to 1836	32.77
Frankford, Pennsylvania, -	1817 to 1838	42.21
Bloomingdale, New York, -	1821 to 1835	43.23
M'Lean, Massachusetts, -	1818 to 1834	35.66
State hospital, do. -	1833 to 1840	42.30
Retreat, Connecticut, -	1824 to 1839	56.24
Maryland hospital, -	1835 to 1840	34.35
Ohio state " - -	1839 to 1840	31.00

There is unfortunately a great want of uniformity amongst the superintendents of insane institutions, in selecting the basis on which to estimate the per cent. of recoveries. Some of the results exhibited in the above table are doubtless calculated in reference only to the number *discharged* from the institution; whilst others, it may be, are estimated as the proportion to the whole number of patients in the asylum during the period specified, hence, it will be perceived that the apparent difference may be very considerable in favour of those who pursue the course first intimated, when in reality more recoveries, in proportion to the number of patients under treatment, had occurred in those asylums from which the smaller per cent. is reported. Much also depends as to the number of cures, upon the character of the asylum in other respects; some are compelled to admit every insane applicant, whatever his age, the condition of his physical health or the duration of his mental disease. Whilst others are permitted to exclude all whom they please and do not admit such as are much debilitated from age or disease, nor those who had been insane longer than *twelve* months. These latter have in every respect a decided advantage, and a larger per centage of cures exhibited by their reports, when compared with those of the former class, is far from being even *prima facie* evidence of their superior merit.

TABLE XII.

Shews the number of Patients admitted into this Asylum from July 1, 1836, *to November* 1, 1841, *the Discharges, Cures and Deaths during the same period; the per cent. of Cures to Admissions; per cent. of Cures to Discharges, and per cent. of Deaths.*

ADMITTED.		Discharged, including cures and deaths.	Recovered.	Died.	Per cent. cures to admissions.	Per cent. cures to discharges.	Per cent. of deaths.
Males -	67	49	30	12	44.77	61.22	17.91
Females -	64	33	21	9	32.81	63.63	14.00
Total	131	82	51	21	39.00	62.19	16.00

From this table it appears that the whole number of admissions within the period specified has been *one hundred and thirty-one*, of whom *fifty-one* were cured, *twenty-one* died, and *ten* were otherwise discharged. The recoveries have been in proportion to admissions *thirty-nine* per cent., but when estimated, as is usual in other institutions, upon the discharges, they amount to *sixty-two* per cent. The deaths have been of all admitted, *sixteen* per cent.

When it is recollected that this is one of those asylums where all are admitted without regard to their physical condition, or (with but few exceptions) to the duration of their insanity, we surely have reason to be gratified at this exhibition. In no aspect does our success fall far short of that in any of the institutions named in table 11, whilst if we view the result as estimated upon the number of discharges, which was doubtless the case with most of those, we surpass them all.

TABLE XIII.

Shewing the Number of recent cases admitted into this Asylum from July 1, 1836, *to October* 31, 1841, *the number cured, relieved, unimproved and died, and the per cent. of Cures to Admissions and Discharges.*

ADMITTED.		Recovered.	Relieved.	Unimproved.	Died.	Per cent. of cures to admissions.	Per cent. of cures to discharges.
Males -	32	28	-	1	3	87.50	90.32
Females -	23	19	2	-	2	82.17	90.47
Total	55	47	2	1	5	85.45	90.38

From this table it will be observed that during a period of somewhat more than five years, *fifty-five* patients have been admitted into the asylum within twelve months of the date when their insanity commenced. Of these, *forty-seven* have recovered their reason, *two* are relieved, *one* is unimproved and *five* died. All the discharges which have

ever occurred amongst this class, are included in the recoveries and deaths. In most of the asylums in this country, and particularly those which are deservedly in the highest repute, the per centage of cures in recent cases is invariably estimated upon the discharges, instead of admissions, and why this should be so we are at some loss to understand.

It has always been my impression that the chief object in publishing such statistics, should be to exhibit the precise ratio of cures which might be expected in recent cases of insanity, provided they were placed under proper treatment in due time, but if this be so, it is evident that an estimate of recoveries based upon any thing else than the whole number of cases under treatment, must fail to subserve the purpose for which such publications are desired. And whilst I am very far from supposing that those who have adopted a diffierent course from that which I approve, designed to mislead, yet it is apparent that such is often the necessary consequence. Those cases for instance, which entered their institutions in the recent stage of insanity, and becoming chronic, remained therein, are of course excluded from such estimates, and hence the impression is made upon the public mind that this malady is in its early stages even more curable than it had at least been found to be during the period embraced in their reports. We have presented above, the results in this institution in both aspects, and it will be seen that the proportion of recoveries to the number admitted is nearly *eighty-five and a half per cent.*, the proportion to the discharges upwards of *ninety per cent.*, and if the deaths be excluded from the estimate, the recoveries amount to *ninety-four* per cent. of all recent cases admitted into the asylum during the period embraced in the foregoing table: a success which should at least encourage us not to shrink from a comparison with any American or foreign asylum.

TABLE XIV.

Shewing the Number of Deaths which have occurred annually, and the per centage of these to the number of Patients in the Asylum, each year, since it was occupied.

YEAR.	No. of patients.	Deaths.	Per cent of deaths.
1828, -	36	5	13.88
1829, -	39	2	5.12
1830, -	37	1	2.07
1831, -	37	1	2.07
1832, -	38	1	2.63
1833, -	37	1	2.07
1834, -	40	1	2.05
1835, -	41		
1836, -	72	3	4.16
1837, -	77	2	2.69
1838, -	82	4	4.39
1839, -	88	5	5.68
*1840, -	91	12	13.18
1841, -	122	6	4.91
Average,	Per ann. 60	Per ann. 3	Per ann. 5 per cent.

*Visited by epidemic dysentery, in a malignant form—45 patients attacked.

This statement has been presented in consequence of its appearing from table 12, that sixteen per cent. of all cases admitted during a given period had died, and hence an impression prejudicial to the character of our institution for health might have been produced. It will be seen however, that the average number of patients per annum in the asylum, during the *fourteen* years which it has been in operation, was sixty, and the annual per cent. of deaths has been only *five*. This will be admitted of course to be the proper criterion by which to judge of the salubrity of every such institution, and the fact here disclosed will doubtless entitle this asylum to rank for health amongst the first in the world.

COST OF ASYLUMS FOR THE INSANE.

At the present day, when so lively an interest prevails in regard to the insane, it can but be gratifying to learn of every thing important which has been done in various sections of our Union, to promote their comfort, alleviate their affliction, and restore them to reason. And as all other efforts in their behalf, in order to be successful, must be based upon the procurement of a suitable location, the erection of commodious edifices, and the supplying thereof with appropriate means for their comfortable maintenance, restraint and cure, it has seemed to me desirable that the cost of such humane provisions should be ascertained and published, if for no other purpose than to reflect honour upon our country, by exhibiting the high-souled and disinterested benevolence, which must have prompted to the good work. With this view I have corresponded, during the past year, with the superintendents or others in some way connected with the principal lunatic asylums in the United States, and in presenting the facts contained in the following table, as the result of that correspondence, an expression of thanks is due, and is hereby tendered to those from whom they were derived.

TABLE XV.

NAME OF ASYLUM.	State.	Number of patients accommodated.	Cost of construction, including land, &c.
Bloomingdale asylum,	New York,	150 ab't,	$219,000
*State do.	Do.	1000	500,000
Pennsylvania hospital for insane, -	Pennsylvania,	210	325,000
Friends' asylum, -	Do.	65	84,000
Insane hospital, -	Maryland,	120	200,000
†M'Lean asylum, -	Massachusetts,	140	250,000
State do. -	Do.	230	103,000
State do. -	Ohio,	145	108,000
State do. -	South Carolina,	100	100,000
Western do. -	Virginia,	140	70,000

* Appropriation by legislature—building not completed.
† The first institution erected in this country as curative.

From the foregoing table there would seem to have been considerable disparity in the cost of establishing institutions designed for a similar purpose, and accommodating about the same number of patients. But this difference may depend upon such a variety of circumstances, going to justify the expenditure, that it would be improper in the absence of a knowledge of these, to decide that in any instance economy had not been consulted. Should such a discrimination be attempted, there might be great danger of charging extravagance upon that asylum, while all things considered, least deserved such a censure. It should suffice for us that we are permitted to infer the gratifying fact that all must have been constructed under a humane and enlightened appreciation of the true condition of the class of unfortunates for whom they were provided. It seems that no longer are gloomy and cheerless prison-houses considered appropriate receptacles for the poor lunatic whose sensibilities are oftener rendered morbidly acute than blunted by his mental disease, but handsome edifices are erected, carefully provided with facilities for warming, ventilation, ablutions, &c., with comfortable and airy lodging rooms, lofty halls for recreation and exercise, surrounded with ample grounds, and embracing every other requisite to soothe and tranquillize the troubled mind.

It will be seen that the cost of erecting, &c., this institution, amounts to the gross sum of *seventy thousand* dollars, and that it accommodates conveniently *one hundred and forty* patients. Those however who are familiar with its history will attest the disadvantages under which it has been compelled to struggle in attaining its present dimensions.

Unlike the legislature of the Empire state, which in the act establishing an asylum for pauper lunatics, appropriated *half a million of dollars* for its construction, the legislature of the Old Dominion, whose citizens are so famed abroad for their *generosity* and *hospitality*, in founding this asylum for a similar purpose of benevolence, authorized its directors to expend only the sum of *ten thousand dollars* in purchasing the site and erecting the buildings. It is true, as might most reasonably have been anticipated, that this amount was found inadequate to any useful purpose, and hence was somewhat exceeded; but the consequence ne-

cessarily was that the building had to be commenced on a scale which rendered future enlargements much more expensive in proportion to the number of apartments furnished, than the same could have been supplied for had the original appropriation been sufficiently liberal. Sundry appropriations have subsequently been made, varying from *five* to *twelve* thousand dollars (in no instance exceeding the latter sum) for the purpose of enlarging the building and purchasing land, until the whole cost (including the sum of 9500 dollars, for which a bill is now pending in the legislature) has amounted to seventy thousand dollars. For this sum accommodations have been provided for the *officers* and *attendants*, *a number of out buildings* which were indispensable, have been erected, *one hundred and forty* patients have comfortable and convenient apartments for sleeping and day purposes, and about *sixty-five* acres of land have been added for pasturage and cultivation. The first appropriation having been made in the year 1825, and there being a portion of the cost still unpaid, it may with propriety be estimated that the legislature has been *sixteen* years in erecting and paying for this asylum. The gross sum therefore which has been expended being thus divided, gives an average of only *four thousand three hundred and seventy-five dollars* per annum which has been subtracted from the treasury of the commonwealth for this purpose.

I venerate too ardently the character of my native state, to ask the question whether this sum has been felt, or if indeed tenfold the amount would have been regarded by her wealthy and generous population, when applied to an object which appealed with no less force to their sense of justice than to their better feelings. But I may be excused for enquiring whether the above expose of unvarnished facts, does not effectually refute the groundless accusations made by *some individuals* of *wanton extravagance* in the construction of this asylum, and whether it does not afford too much reason to believe, if *ignorance* be not plead as their apology, that their opposition has resulted rather from an aversion to its humane objects than from a disinterested regard for the public coffers.

It may not be irrelevant to remark in this connection that the last improvement here made, consisted in the erection of an isolated building for the accommodation of male pa-

tients. The materials of which this is composed are of an excellent quality, its style neat and appropriate, and the workmanship unexceptionable. The interior is conveniently arranged for the perfect classification of its occupants, containing sleeping apartments of proper dimensions, for *sixty* patients and *four* attendants, a separate dining room, bathing room and water closet for each class, with large and airy halls for exercise and amusement in bad weather. The windows are provided with light but substantial cast iron sash, in lieu of the prison-like grating which formerly imparted to such institutions so forbidding an aspect. The roof is composed of tin, and thus the chief danger of conflagration avoided. The whole is well ventilated by flues (in addition to other openings) passing from each apartment and communicating with the attic, and is warmed by a large furnace placed in the basement, which with the consumption of little more than a quarter of a cord of wood in twenty-four hours, diffuses a summer temperature throughout the establishment during the coldest weather. In a word, for *durability*, *neatness*, *convenience*, *comfort*, *health* and *economy*, it is almost impossible to conceive how this building can be excelled, and yet the whole cost, including the heating and water apparatus, was only about *twenty-four thousand* dollars: and it may not be improper to add that for a like sum we can erect an addition, corresponding in every respect with this, for female patients, such an one being urgently required by the large number of applicants of this sex now on our register; or with an appropriation of *thirty thousand* dollars, by expending a portion of it in constructing lodges for the noisy and filthy, we can without doubt afford accommodations for one hundred additional patients. The whole expenditure will then have been *one hundred thousand dollars*, and *two hundred and forty* patients will have been furnished with an asylum in every respect suited to their unhappy condition.

TABLE XVI.

Shewing comparative expense of supporting Chronic and Recent Cases of Insanity.

OLD CASES.			
Number.	Present age.	Time at public expense.	Total expense.
1	35	14 years,	2058 00
3	44	16 "	2552 00
4	51	16 "	2552 00
5	54	14 "	2158 00
7	44	15 "	2305 00
12	39	14 "	2158 00
23	61	15 "	2240 00
24	53	13 "	1911 00
25	51	14 "	2158 00
35	41	13 "	1911 00
37	37	14 "	2240 00
39	43	13 "	1944 00
40	51	12 "	1764 00
43	40	12 "	1764 00
52	39	12 "	1864 00
54	41	11 "	1617 00
56	61	15 "	2605 00
59	51	10 "	1470 00
62	36	15 "	2705 00
65	39	10 "	1677 00
		268 years,	$41653 00

Average period at public expense 13 years 4 months 24 days. Average cost of old cases $2082 65. Total cost of 20 old cases $41653.

RECENT CASES.			
Number.	Present age.	Time at public expense.	Total expense.
135	23	16 weeks,	50 00
136	42	16 "	60 00
138	50	29 "	86 00
141	26	16 "	50 00
145	60	20 "	62 00
154	27	20 "	70 00
160	30	4 "	13 00
164	47	4 "	13 00
179	27	22 "	84 00
188	40	36 "	143 00
190	33	16 "	57 00
193	45	12 "	37 00
195	50	20 "	62 00
197	48	16 "	49 00
198	20	32 "	131 00
199	37	16 "	89 00
206	14	24 "	99 00
207	36	12 "	37 00
210	19	12 "	55 00
215	28	6 "	18 00
		349 weeks,	$1265 00

Average period at public expense 17 weeks 3 days. Average cost of recent cases $63 25. Total cost of 20 recent cases $1265.

The first twenty chronic cases who entered the asylum and still remain, and the last twenty recent cases on our records, who have been cured, constitute the basis of this estimate. It has been my aim to ascertain, from the most authentic sources, the length of time each was confined to the jail previous to his admission here; and as the law allowed to the jailor for the maintenance of lunatics two hundred and forty-seven dollars a year, and the ascertained cost of supporting pauper patients in this asylum is one hundred and forty-seven dollars per annum, these facts have been my guide in the calculation which has been presented.

From this table, it will be perceived that the twenty old cases have been at public expense in the aggregate, *two hundred and sixty-eight years*, an *average* of more than *thirteen years*—whilst the twenty recent cases were only at public charge in the aggregate, about *fourteen years* and *nine months*, an average of *seventeen weeks* and *three days*.

The cost of supporting the twenty old cases has amounted to the gross sum of *forty-one thousand six hundred and fifty-three dollars!!!* an average of *two thousand and eighty-two dollars sixty-five cents!!!* The twenty recent cases cost in the aggregate, *one thousand two hundred and sixty-five dollars*, an average of only *sixty-three dollars* and *twenty-five cents*.

The twenty chronic cases are still here, and likely to remain—it may be an average of *thirteen* years longer, and at a further cost of many thousands. The twenty recent cases have left us, and returned, in the full possession of their mental faculties, to the embraces of their friends, where they are once more not only happy, but useful members of society.

Another important fact, taught by this table, is, that a *single individual* who entered the asylum in the chronic stage of insanity, has occupied one of its apartments during a period, which had it originally been set apart for recent cases alone, would have been sufficient up to this date for *forty* of these to have been admitted, cured and set at liberty.

As a question of economy, therefore, leaving out of view more important considerations, how indispensable is it that the asylums of the commonwealth be so enlarged as to afford accommodations for all the insane in the early stage

of their disease, and not as at the present day, have them confined to the common jails until their malady becomes confirmed, at an expense too of almost double that for which they can be supported in such asylums, whilst in many instances they are thus cut off from the light of Heaven, the attractions of earth, and the society of their fellow man.

STATISTICS OF INSANITY IN THE UNITED STATES.

From the census of 1840 I have been enabled to select the following interesting statistics in relation to insanity as it exists in North America. The annexed table will exhibit the number of insane and idiotic whites, free coloured and slaves in each of the states and territories, and is so arranged as to shew—1st. The number of white lunatics and idiots, both at public and private charge, and the proportion of these to the population in each state. 2d. The number of free blacks who are insane or idiotic in each state, and the proportion which they bear to its free coloured population. And 3d. The number of slaves, insane or idiotic, and the proportion of these to the slave population of the respective states; with a summary, exhibiting the total of each of these classes, and their proportion to the aggregate population of the Union.

TABLE XVII.

STATES.	WHITES.					FREE COLOURED.			SLAVES.		
	Public expense.	Private expense.	Total.	Population.	Proportion of insane to population.	Insane.	Population.	Proportion to population.	Insane.	Population.	Proportion to population.
Maine, - -	207	330	537	500438	1 to 932	94	1355	1 to 14			
New Hampshire, -	180	306	486	284036	1 to 584	19	537	1 to 28	-	1	
Massachusetts, -	471	600	1071	729030	1 to 680	200	8668	1 to 43			
Rhode Island, -	117	86	203	105587	1 to 520	13	3238	1 to 249	-	5	
Connecticut, - -	114	384	498	301856	1 to 606	44	8105	1 to 184	-	17	
Vermont, - -	144	254	398	291218	1 to 731	13	730	1 to 56			
New York, - -	683	1463	2146	2378890	1 to 1108	194	50027	1 to 257	-	4	
New Jersey, - -	144	225	369	351588	1 to 952	73	21044	1 to 288	-	674	
Pennsylvania, - -	469	1477	1946	1676115	1 to 861	187	47854	1 to 255	-	64	
Delaware, - -	22	30	52	58561	1 to 1126	7	16919	1 to 2417	21	2605	1 to 124
Maryland, - -	133	254	387	317717	1 to 821	42	62020	1 to 1476	99	89495	1 to 904
Virginia, - -	317	731	1048	740968	1 to 707	58	49842	1 to 859	326	448987	1 to 1377
North Carolina, -	152	428	580	484870	1 to 836	29	22732	1 to 783	192	245817	1 to 1280
South Carolina, -	91	285	376	259084	1 to 689	16	8276	1 to 517	121	327038	1 to 2702
Georgia, - -	51	243	294	407695	1 to 1386	26	2753	1 to 106	108	280944	1 to 2601
Alabama, - -	39	193	232	335185	1 to 1444	25	2039	1 to 81	100	253532	1 to 2535
Mississippi, - -	14	102	116	179074	1 to 1543	16	1369	1 to 85	66	195211	1 to 2957
Louisiana, - -	6	49	55	158457	1 to 2880	7	25502	1 to 3643	38	168452	1 to 4432
Tennessee, - -	103	596	699	640627	1 to 916	28	5524	1 to 197	124	183059	1 to 1476
Kentucky, - -	305	490	795	590253	1 to 742	48	7317	1 to 152	132	182258	1 to 1380

Ohio,	363	832	1195	1502122	1 to 1257	165	17342	1 to 105	-	3	
Indiana,	110	377	487	678698	1 to 1393	75	7165	1 to 95	-	3	
Illinois,	36	177	213	472254	1 to 2217	79	3598	1 to 45	-	331	
Missouri,	42	160	202	323888	1 to 1603	18	1574	1 to 87	50	58240	1 to 1164
Arkansas,	9	36	45	77174	1 to 1715	8	465	1 to 58	13	19935	1 to 1534
Michigan,	2	37	39	211560	1 to 5424	26	707	1 to 27			
Florida,	1	9	10	27943	1 to 2794	-	817	-	12	25717	1 to 2143
Wisconsin,	1	7	8	30749	1 to 3843	3	185	1 to 61	-	11	
Iowa,	2	5	7	42924	1 to 6132	4	172	1 to 43	-	16	
District of Columbia,	1	13	14	30657	1 to 2189	3	8361	1 to 2787	4	4694	1 to 1173

	Insane.	Population.	Proportion of Insane.
Whites,	14,508	14,189,218	1 to 978
Free coloured,	1,520	386,237	1 to 254
Slaves,	1,406	2,487,112	1 to 1769
Aggregate,	17,434	17,062,567	1 to 978

No means are afforded by which we can discriminate between the insane and idiots; but from reason as well as observation, we are authorized to infer that the latter bear a very inconsiderable proportion to the former of these classes.

From the above table we learn, that the whole number of insane and idiotic whites, in the states and territories, is *fourteen thousand five hundred and eight.* The aggregate white population is *fourteen million one hundred and eighty-nine thousand two hundred and eighteen*, and hence the proportion of insane and idiots is one to every *nine hundred and seventy-eight* of said population.

The aggregate free coloured population is *three hundred and eighty-six thousand two hundred and thirty-seven.* The number of insane and idiotic free blacks is *one thousand five hundred and twenty*, being in the proportion of one to every *two hundred and fifty-four* of this class of citizens.

The number of insane and idiotic slaves is *one thousand four hundred and six.* The gross slave population is *two million four hundred and eighty-seven thousand one hundred and twelve*, being only *one* of the former to every *one thousand seven hundred and sixty-nine* of said population.

The aggregate of insane and idiots is *seventeen thousand four hundred and thirty-four.* The aggregate population, including all classes, is *seventeen millions sixty-two thousand five hundred and sixty-seven*, consequently there is one insane or idiotic individual to every *nine hundred and seventy-eight* of the population in the states and territories.

It would seem from this exhibition, that the *free blacks* are much oftener the victims of this malady than either of the other classes, there being nearly *four* times as many of them in proportion as of the whites, and *seven* times as many as of the slaves. The fact will also appear, from an examination of the foregoing table, that free coloured persons residing in non-slaveholding states are much oftener the subjects of insanity than the same class who reside in the slave states, being in the former, as *one* to every *one hundred and forty-three*, whilst in the latter they are only as *one* to each *six hundred and fifty* of the free coloured population. Should not this disclosure have the effect to remind our *good abolition friends* at the north, of a christian proverb, which it would seem (from having proffered their charity to those residing at so remote a distance from

them) must have escaped their recollection. Surely, if this picture be true, the *poor blacks* at home, must be in a state of destitution both physical and moral, such as to afford ample scope for the exercise of their sympathy and benevolence, until at least these should be solicited from a proper source in behalf of southern interests and southern institutions.

The fact, however, as developed by this table, in which we are most interested is, that there are in Virginia *one thousand and forty-eight* white lunatics and idiots. A statement, which, astounding as it may at first seem, is doubtless far below the truth. It is scarcely probable that in any instance an individual was registered as insane, who was not so, but it is absolutely certain, that many were omitted, who should have been included under this head. A number of such cases are within my knowledge, which if necessary could be here cited; but it will suffice to establish at least the plausibility of my remark, for me to state, that in the county of Frederick, there is only one individual reported by the census, as being insane and at public expense, when there were certainly *seven*, if not eight such, in the jail of said county at that date. But even on the supposition, that the number has been correctly reported, who is there that can refrain from enquiring, where are these *one thousand* and *more* poor creatures, who have been deprived of the God-like attribute of reason? And what is their present condition? We know, that but about *two hundred and fifty* of them are in the asylums of the Commonwealth, and are of course left to conjecture, as to the location and circumstances of the remainder. Many are with their friends, receiving all the attention which affection can bestow, and surrounded by every comfort which in their unhappy state they can appreciate, but their disease is doubtless becoming more firmly rivetted by every day's duration, and many of them it may be, already doomed to continue its victims during life. Others are wretched wanderers, traversing the highways or by-paths of the commonwealth, unprotected and uncared for, suffering with cold and hunger, and exhibiting wherever they go, an exterior, but too well harmonizing with a "mind in ruins." Whilst a third and most hapless class, are immured in the gloomy prisons of the country, degraded to a level with the

criminal who has violated the laws both of God and man; chained like wild beasts to the floors of their grated cells; but half fed and altogether naked; often writhing too under the lash of their cruel keeper, and in this state, are cut off from intercourse with all other living creatures, save indeed, the creeping vermin which feed upon the filth in which their bodies are incased. Would that this picture were the result of fancy, or was even a reality somewhat exaggerated; but, alas! for the honour of Virginia, it is too faithful a representation of what many of this class of unfortunates are now suffering within her borders; and whilst no one could be more unwilling than myself to do aught by which her fair fame might be tarnished, it would surely seem in this particular a false delicacy to disguise the truth, if its disclosure could by possibility lead to the rescue of a single one of these unhappy sufferers. Not to dwell upon the cases of some four or five individuals, who within a few weeks past have been brought to this institution, (from the jails in which they had been lying, some of them for many years,) bound with chains and marked with stripes, as evidencing the cruelty and inhumanity which is so commonly practised, I feel it a duty to relate the circumstances of a visit, made in person, during the last summer, to one of these receptacles for the insane, not a hundred miles distant from this asylum, and it is to be seriously apprehended, that the scenes there exhibited, afford too striking a criterion by which to judge the condition of most of those confined to the jails throughout the state.

Being accidentally at the place just alluded to, and understanding that a number of insane persons were confined in the jail, I was induced to visit it; but more especially, to see one of these individuals in whose fate my sympathies had become particularly enlisted, from hearing him represented as a genteel young foreigner, of industrious habits and fine moral character, who had within a very short period lost his reason. On arriving at the prison and informing the keeper of my object, he readily tendered his services to conduct me to the several apartments, in which were confined the unhappy beings for whom my visit was designed. It is probably due to the old man, whose head seemed frosted by at least three score winters, that I should premise, that his appearance and conversation prepossessed me favourably

as to his goodness of heart, and a disposition to do in behalf of his *prisoners*, whatever his judgment could sanction as being proper; although, as will appear from the sequel, he must have indulged the antiquated and superstitious idea, that the "insane are possessed with demons," and hence that it was more important to confine and restrain them, than to minister to their comfort, or attempt an alleviation of their affliction.

The first cell to which I was introduced was dark and imperfectly ventilated, and contained "solitary and alone" the young man in whom I had felt most interested. He sat in a remote corner of the apartment, on a dirty bag partly filled with straw, having a strong chain rivetted to his ankle and binding him to the floor. His features were almost concealed by the long beard which had grown in unchecked luxuriance, and together with his profuse and dishevelled locks, gave to him an appearance somewhat savage and repulsive. His body and limbs were uncovered, save that he wore on his shoulders part of an old filthy cloth coat, which badly concealed his nakedness. On my first approach he hung his head as if conscious of his apparent degradation, but in a short time, seeming to be actuated by a desire for release, he elevated and fixed upon me an eye expressive only of anxiety and distress, and without uttering a syllable, by a significant gesture, directed my attention to the chain upon his ankle. Finding him any thing else than a maniac, I turned to the keeper with surprise, and enquired why it was he had him thus fettered—nor was this astonishment allayed by the reply, that it was in consequence of his tearing his clothes and destroying his furniture, for if he had been as poorly provided with either when free, as in his then condition, he could surely have indulged his destructive propensities to the utmost, without any *serious* damage resulting. After learning from the keeper that he was never dangerous or violent, I endeavoured to prevail upon him to be satisfied with merely confining his hands, and proposed to direct him how to make a muff, which would effectually prevent his doing mischief, whilst he could be permitted to wear his clothes and walk about his room; but the old man seemed wedded to his chain, and no persuasion could induce him to abandon it. I, of course, left the apartment, deeply pained at the spectacle

presented, and regretting most sincerely that the poor sufferer could not be admitted into this asylum, where his comfort would have been secured, and the disease, which was fast becoming more firmly rivetted than the chain which bound him, could almost certainly have been removed.

The next cell to which I was conducted, contained an object the most forbidding that it had been my lot to behold in human form. Like the poor German above described, his long and profuse hair and beard seemed not to have been cut or combed for a great while. He was covered with filthy rags, and the heavy chain which fastened him to the floor, was only long enough to admit of his lying down on his comfortless bed of boards and blankets. The appearance of the poor creature, indicating that he had drunk a two fold portion of the cup of affliction, suffering the horrors of mental disease, aggravated by physical neglect and torture, and the effluvia which issued from his filthy abode, alike operated to prevent my tarrying long with him. On retiring, I was shocked still further to learn that he had been in this condition, chained to the floor, for more than *three* years. This individual has been since admitted into our asylum, nor was I surprised to find, that from his long confinement to a particular position, his lower extremities had become entirely paralyzed. He is now from this cruel treatment a helpless cripple, unable to walk or stand, and will in all probability so continue during life.

A third apartment which opened into a narrow passage, was if possible still more revolting than either of the former, not because it appeared more uncomfortable or cheerless, for such could not well have been the case, but because it was the abode of *five insane females*, three of whom were white and two black; one of each colour was chained in opposite corners of the room, whilst the remaining three were permitted during the day to exercise or labour in the adjoining passage. A further description of their appearance and circumstances, horrible as it might be, could not surely aggravate the deep loathing, which must be produced in the mind of every humane and intelligent individual, by this simple statement as to their number, sex, colour and condition.

There was one other male confined elsewhere in the establishment, but having witnessed enough of the degra-

dation and sufferings of my fellow beings, I did not impose upon the *goodness* of the old man to conduct me further.

This jailor received annually from the public treasury within a fraction of *two thousand dollars*, for the manner in which he thus treated these unfortunates, a sum which, had there been apartments here for their reception, would have supported comfortably and genteelly, for the same period, these *eight* and *five* others, making in all *thirteen*.

As before remarked, is there not too much reason to fear, as this exhibition has occurred in one of the most wealthy, intelligent and populous counties of the state, that it but represents the condition of many others, throughout our country? And does it not call with a loud voice upon the christian, the philanthropist and the statesman to be up and doing, not only to alleviate the privations and sufferings of this ill-fated class of fellow immortals, but to erase this humiliating stain from the escutcheon of our beloved Virginia. Surely the apathy which has existed in regard to this subject, thus far, must have resulted from the fact, that both legislators and their constituents have been ignorant of the hapless condition to which so many of this class of our unfortunate fellow-citizens are consigned, and hence it is all-important that these and similar facts (of which it is to be regretted there are such a number) should be made public. The press, that mighty engine of weal or woe to the destinies of our state and the welfare of her citizens, should be made to teem with the shrieks and groans of the ill-fated lunatics, until the comfort of every domestic fireside in the commonwealth is disturbed, and the now dormant sympathies of a whole people be aroused to a just appreciation of their sufferings and degradation. The humane and talented editor of the Charlestown (Va.) Free Press, has lately spoken with emphasis and power upon this subject, and we will doubtless be pardoned for quoting here his eloquent and touching remarks: "It is our fate," says he, "to be located opposite the county prison, in which are now confined four miserable creatures, bereft of the God-like attribute of reason—two of them females—and our feelings are daily excited by sounds of woe, that would harrow up the flintiest soul in creation. Oh! it is horrible, that for the sake of a few thousand dollars, the wailings of the wretch-

ed should be suffered to issue from the gloomy walls of our prisons without pity and without relief. Would that our law-makers were doomed to listen but for a single hour each day to the clanking chains and the piercing shrieks of these forlorn wretches, relief would surely follow, and the character of our state be rescued from the foul blot which now dishonours it." Let the press echo and re-echo the cries of the suffering lunatic, until the hearts of the hardest are melted; and let no public man be trusted who listens not to the demands of humanity and * * * * * * on this score.

MANAGEMENT OF ASYLUM.

Having concluded the statistical part of this report, and commented upon the various topics presented, much more fully than was my intention, but still very imperfectly, I proceed, in the order originally indicated, to speak briefly of the mode in which this institution has been conducted; and although the two great classes of means, termed medical and moral, upon which we necessarily rely for success in the treatment of insanity, are upon principles of mental philosophy and physiology usually blended in their application, yet for the sake of perspicuity, we will here mention them separately, disavowing at the outset, however, any intention to treat of our medical system in detail.

MEDICATION.

In regard to no subject has the tendency of the human mind to extremes been more strikingly exhibited, than in the opinions which have from time to time prevailed, and the doctrines which have been advanced as to the treatment of insanity, unless indeed it be as to the causes and nature of this disease. At one period and by a certain set of mental philosophers, it was gravely announced, that this affliction was a visitation from Heaven, indicative of a vengeance not to be appeased, and designed as a foretaste on earth of the doom which awaited the unhappy victim beyond the grave—and hence as might be supposed, chains were invariably resorted to for their restraint—dungeons selected as their appropriate abode. And in reality, death was their

only friend. At a subsequent period, and by those who professed to be aided in their investigations by the lights derived from anatomy, physiology and pathology, it was discovered that this hitherto mysterious disease, was *invariably* the result of some *physical* derangement, for the removal of which, *medical remedies*, *unaided* by *other means*, were alone sufficient. And there are at the present day some of *this* class who do not scruple to believe, that if the patient be only physiced well and be not restored, he is beyond the hope of recovery. And within a few years past, a third class have arisen, who doubtless being misled by the happy results which have been so often observed to attend the judicious administration of moral means, repudiate the idea of there being any thing physical connected with the nature of insanity, and insist that medicines are almost useless in its treatment.

The opinions of the class first named will of course be rejected, as the offspring of a superstition worthy alone a darker age. Whilst those of the other two will be recognized as the *extremes* of that which reason and experience might have been expected to suggest, or rather, the opinions of each can only be considered as applicable to those cases which form exceptions to a general rule. In recent cases of insanity we never fail to resort to medical remedies, but these are usually combined with moral means; yet there are *stages* in the disease of some, when the brain itself, either from sympathy or otherwise, becomes so morbidly affected as to generate an excessive accumulation of the "*vis vitæ*," which in order to expend itself, necessarily renders the patient restless, noisy and watchful, and places him, for a time at least, beyond susceptibility to the influence of any other than medical agents alone. To illustrate the truth of this opinion, it will only be necessary to detail something of the history of several cases, which have been under our treatment during the past year, a recital of which may also prove interesting in other respects.

No. 184 entered this asylum on the 4th day of November 1840, in the 41st year of her age—she had always possessed a mild and uniform disposition—was industrious in her habits—social in her feelings, and had for many years been remarkable for her christian virtues and deportment. Such indeed was her standing in the church to which she

was attached, that she was held up by her fellow members as a shining example of Godly piety, as blended with christian cheerfulness. Her physical health had been impaired about 15 years, but in the autumn of 1833, her disease having baffled the skill of her physician, and defied the means which the kindness and liberality of her friends had amply provided, she became completely prostrated,—very soon she was deprived of the use of her upper and lower extremities, and her back became so much affected that she was unable to sit, even when supported, in her bed—and in this helpless condition she lingered for seven long years. During this period, however, her mind seemed not to be implicated in the physical wreck, but continued for the most part serene and tranquil, until the summer of 1840. Her spirits also were uniformly cheerful, shewing that she bore her confinement and sufferings with more than christian fortitude and resignation. In May 1840, a sad change was witnessed, she seemed suddenly to become weary of her affliction, and to abandon, for the first time, all hope of improvement, and feeling sanguine that the joys of Heaven awaited her release from the sufferings which she had endured in this world, she expressed on several occasions a desire that death would speedily intercede for her relief. This desire increased until it became abiding, and soon restlessness and impatience were exhibited, as the result of disappointment. About this period doubtless, the brain began to sympathize in the general nervous disorder, and its intellectual functions became impaired. She now reflected on her late anxiety to die, construed it as an act of rebellious murmuring at the dispensations of Providence, and upbraided herself for having exhibited a degree of impatience under affliction which she deemed inconsistent with the christian character. And without stopping at this point as she would have done at other times and under different circumstances, to supplicate forgiveness at a throne of grace for what had thus seemed to her as sinful, she hastily yields to the conviction that the Spirit of God had been so wantonly grieved as to forsake her, and that her eternal misery was inevitable. To one whose christian course had for many years been uninterrupted by doubts or fears, and whose anticipations of future bliss had been so buoyant and sanguine, it is not surprising that such a delu-

sion should have produced a shock, from which, in her physical and mental state, it was scarcely to be expected that she could ever have recovered. She describes her condition as having been at this time wretched in the extreme. The *present* was intolerable, and not a ray of hope survived to cheer the impenetrable gloom in which her future destiny seemed enveloped. One delusion after another in reference to her condition and prospects, took rapid possession of her disordered mind: amongst the most prominent of which was the idea, that "she could never die," that her body had already undergone some mysterious change, which would exempt it from decay—and that in her then form, she was to continue a sufferer on earth, so long as this world endured, and without the intervention of death, was then to be transferred to the abodes of wretchedness and woe, as the place of her habitation throughout eternity. Her former regard for christian ordinances, and her devotion to religious society, were now supplanted by a detestation and horror of both. She contemned the Word of God, which she had before reverenced, and despised those ministers of the gospel whose society and counsels she had previously both courted and enjoyed—she felt that it was a luxury to indulge in the most horrid and blasphemous imprecations—and complained that the vocabulary of the profane swearer failed to supply terms sufficiently diabolical to express her feelings. When she entered the asylum her frame could not have been more emaciated, and except during her maniacal paroxysms, she was almost void of muscular power. After having her borne into the house (from the vehicle in which she was brought here) on a couch, in company with the examining board of directors, I visited her apartment, and never can I forget the impression produced upon my mind and feelings, by the *spectral* appearance of the patient, from whom in sepulchral tones, the most blasphemous oaths issued in rapid succession. Her brain seemed evidently in that condition, to illustrate which this recital is in part designed—excited to the highest pitch of phrenzy, she was insensible to the appeals of reason, to exhibitions of kindness, or even to manifestations of a harsher character, and unsusceptible indeed to all impressions which could only reach her disordered mind through the medium of the senses; in a word, *she was ut-*

terly incapable of being operated upon by moral influences. Under these circumstances, I could not of course doubt that *medicines* were *alone* to be relied on in that stage of the malady, and hence no time was lost in prescribing a system of *anodyne* treatment, to be vigorously prosecuted, until a decided impression was produced upon the brain, and before many days had elapsed, it was my happiness to perceive the most cheering results from this prescription; she soon became quiet and composed, one delusion after another released its hold upon her hitherto shattered intellect. Her physical health improved, and she who had been an invalid for *fifteen* years—prostrate and utterly helpless *seven* years, and a raving maniac for months, was, on the 29th of May last, discharged from this institution, an active, cheerful, happy, mild, intelligent christian lady; who left us supplicating blessings on our heads, and from a heart overflowing with gratitude—uttering as she went, the exclamation "thank God there is such an institution as this in the world."

No. 188 was brought here February 19, 1841, from the jail of county, where he had been confined and loaded with chains for about six months. He had been temperate and industrious, but unfortunately becoming involved in pecuniary difficulties, insanity was the consequence. He indulged the singular delusion that he was an agent commissioned from Heaven to destroy all objects, both animate and inanimate, which he encountered; and being a strong, athletic man, in the prime of life, this hallucination rendered him dangerous in the extreme. He came to us bound hand and foot, and yelling most vociferously. So soon as he was placed in his apartment, as is my custom, I visited him for the purpose of ascertaining from him his own views of his character and condition, and in the hope that I might be able so to operate upon his pride, and secure his confidence, that a promise could be exacted from him of an effort at least, to exercise self-control, and he be thus released from the cords which confined him. He met my salutation however, as a demon, responded to my appeals with threats and imprecations, avowed himself a destroying messenger, and swore that I should be his first victim. No argument or persuasion could induce him to consent that he would even suspend his destructive operations

for a time, and hence the safety of all concerned rendered it indispensable that he should not be released. His brain was evidently in that morbid condition, before alluded to, which placed him beyond the influence of *moral means*, and as in the case just cited, I resorted forthwith to medical remedies, and with the same gratifying results. In a few days he became so calm that he manifested a willingness to hear at least what was addressed to him, and in some degree seemed to appreciate the interest which it had been my object to exhibit in his behalf. The medicines continued, and my visits repeated daily, soon enabled me to remove the straps from his limbs, without damage to any thing ensuing; in two weeks from the date of his admission, he was permitted under a pledge of good behaviour, to leave his room and promenade the passage; in one month thereafter he was freed from all restraint, passed in and out of the building at pleasure, and was generally occupied about the grounds of the institution, without even the supervision of an attendant, in useful labour; and in four and a half months from the date of his admission, he was discharged as cured. Such was his gratitude for the kindness which he received during his stay at the asylum—such his attachment to and confidence in its officers, and such the sympathy which his own sufferings had induced him to feel for those similarly afflicted, that after an absence of several months, during which he was employed in settling up his business in the county of his former residence, he returned here and solicited employment as an attendant, and he is now in the daily and hourly exercise of that attention, kindness and humanity towards others, which he had found so grateful and soothing in his own experience. He has the care and responsibility of guarding, protecting, employing and amusing a class of fifteen patients, all of whom are devoted to him. Instead therefore of being a miserable lunatic, and a tax upon the commonwealth for life, as he *most probably* would have been had he remained much longer in the jail from whence he came to us, he is now contented and happy in his new vocation, earning for himself an honourable livelihood, and rendering most valuable service to a deserving, though afflicted portion of his fellow men.

No. 210 is a young woman in the 19th year of her age, who although poor and uneducated, has been virtuously and genteelly raised ; she was brought to us on the 21st day of last October, with her hands tied behind her, and her back most shamefully lacerated by the whip of a brute in human form, to whose *kind guardianship and protection* she had been confided for the journey by the law of the land. For several days after her arrival here, she continued in a state of uninterrupted phrenzy, insomuch that when her hands were not confined, they were employed mostly in tearing her clothes, pulling out her hair by the handful, or in plucking out her toe nails by the roots. She seemed indeed to be callous to violence of any character or degree inflicted upon her person. Although unmarried and in the absence of the slightest ground on which a suspicion could rest, prejudicial to her virtue, she conceived the singular delusion that she was pregnant ; that the fœtus stood erect, with its feet planted on the os-pubis, and that with outstretched arms and grasping hands it was striving to lay hold upon her heart and suppress its pulsations. Her screams were often most terrific, and her countenance indicated but too plainly the horrid apprehension and wretchedness which such a fact, could it have really existed, would have been so well calculated to produce. Like the two cases above cited, her brain was of course in that condition which precluded all hope of benefit from appeals, pledges, remonstrances or commands, and hence as in those instances, medicines had first to be resorted to before she could be rendered susceptible to moral impressions. These remedies were however used with the best effect, and this poor girl, although still here, is herself again. She is now cheerful, contented, industrious and useful, and will in a short time return to gladden the hearts of her *old parents*, who when they parted with her, scarcely more than two months since, doubtless cast a long and lingering look upon her, as if in all probability it should be their last.

MORAL MEANS.

Much might be said under this head in confirmation of the fact that these means are alone necessary in many

instances, for the alleviation or removal of insanity, and particularly with those whose disease has become chronic; but as such cases, like those cited under the head of Medication, although frequent, may still be looked upon as differing in this respect from the great majority, I will proceed briefly to give some account of the system as it is here pursued in the general.

Viewing the insane as immortal beings, the affections and sympathies of whose hearts are still alive to the influences which operate on those of mankind in general, we have endeavoured to acquire their confidence and gain their esteem by acts of kindness and manifestations of regard, and to operate upon their disordered intellects by a resort to those pleasing and useful auxiliaries embraced under the term "Moral means." This term in its broad sense comprehends every thing not medical which can be brought to bear either directly or indirectly, upon the thoughts, feelings, passions and propensities of the human mind and heart, and to this signification we have endeavoured as far as practicable, to conform our efforts. The most prominent items however, in this important system of measures, can alone be noticed in this report, and these will be presented in the following order: 1st, classification; 2d, occupation; 3d, amusements; 4th, diet; 5th, restraint; and 6th, religious services.

CLASSIFICATION.

We had long been aware, that this was a fundamental principle in the successful management of insane institutions, being indispensable both to the comfort and cure of the inmates; and had earnestly desired to introduce it more thoroughly into this asylum, than it was found hitherto practicable to effect. The want of adaptation to such purposes, in the arrangement of our building, and the small number of white attendants who were employed for many years, were obstacles which had to be overcome, before our wishes could be accomplished. During the past year, however, these difficulties have been fortunately removed. A complete classification of our patients has consequently been made, and the result has been most strikingly conspicuous in the improved condition and cheerful aspect which it has imparted throughout the establishment.

From the peculiar character of this asylum, differing as it does from many similar institutions in this country, in that it is the receptacle of illiterate paupers, who are supported from the treasury of the commonwealth, as well as of those who are wealthy, educated and refined, the basis of our classification is necessarily made to depend, not only upon the *mental state* of the patient, but in part, also, upon his *pecuniary* circumstances. We of course invariably separate the noisy and violent from the quiet and peaceable, the filthy from the genteel, &c.; and as a *general* rule, we separate those who defray their own expenses from the paupers. To this practice, however, there are many exceptions: as for instance, where an individual has been genteelly raised, well educated and accustomed to good society, notwithstanding his pecuniary circumstances may be so restricted as that he is maintained here at state expense, still if his mental condition is such as that he retains a partiality for his former associations and mode of living, we place him with the first class; and upon the other hand, if one, however wealthy, becomes so afflicted as not to appreciate the society in which he is placed, and so conducts himself as to detract from the comfort of those with whom he is permitted to associate, we of course remove him to a circle better adapted to his present disposition and habits.

By no means the least advantage which has been experienced from this system of classification, results from a principle invariably implanted in human nature, leading us to be ambitious of promotion and to value the good opinion of our fellow men. In many instances, patients are thus induced to efforts of self-control and self-respect, for the purposes of retaining their place or ascending still higher in the scale of distinction.

LABOUR AND EMPLOYMENT.

No class of our patients seem so happy or contented, and no convalescent certainly improves so rapidly as those who are occupied at labour, or in some useful employment. And it is gratifying to be permitted to state, that during the past year, comparatively few of those in the institution, and particularly such as have been supported at state expense,

were wholly unemployed. We endeavour to give a *useful direction* to the energies of those who manifest a disposition to engage in occupation, and hence it is our custom to indicate their employment. But whenever it happens that the individual is opposed to our selection, if we fail to present motives sufficient to remove his opposition, we yield on condition that he will not be idle, the great object being to promote his physical health by exercise in the open air, and to divert his thoughts from the topics of hallucination, by engaging his attention in what may be found for his hands to do.

The males have been employed in cultivating the farm and garden, excavating and removing earth, ornamenting the grounds, cutting wood, constructing fences, and feeding and attending to the stock. About *forty* acres of our land was appropriated during the year to pasturing, and the remainder about *twenty-five* acres, including the gardens, have been in cultivation; and I am glad to state that the labour expended upon it, has not only benefitted most materially the physical and mental health of those who performed it, but as the following statement, derived from the Steward will prove, has resulted in a pecuniary point of view greatly to the advantage of the institution.

791	bushels of corn at 50 cents per bushel, -	395	00
375	" potatoes at 33⅓ cts. per bushel,	125	00
60	" wheat at $1 25 " "	75	00
25	" onions at 75 cts. " "	18	75
50	" beets at 50 cts. " "	25	00
1500	head of cabbage at $3 per hundred, -	45	00
5000	lbs. pork at $5 per hundred, - -	250	00
30	shoats $1 50 each, - - -	45	00
	Fodder, shucks, straw, &c. in store, valued at	40	00
	Pasturing 9 cows 6 months at $1 50 each per month, - - -	82	00
		$1100	75

This statement only includes the vegetables which were put away for fall and winter use, in addition to which the garden produced a sufficient quantity of peas, beans, cucumbers, tomatoes, and a variety of other articles, to sup-

ply the institution during the summer; as a reference to the account of expenditures will shew that the only sums paid for vegetables of any description, are charged early in the season and before our garden (being a western exposure) would produce them.

In addition to the above, an orchard has been planted on the premises, embracing about one hundred and fifty grafted apple trees of a choice variety, together with a number of plum, pear, cherry and peach trees, from which we anticipate with no small degree of pleasure, reaping in due time, a rich reward for the labour already bestowed, as well as the care and culture which will still be required before they attain perfection.

The second and third classes of male patients, make up their own beds, sweep out their rooms and carry their water.

The whole number of males in the institution during the year, was as heretofore observed *seventy-three*, of whom *fifty-one* have been more or less employed in some one or other of the above named occupations, and the number of days labour performed by them, amounts in the aggregate to *one thousand eight hundred and sixty-two*.

Our female patients have also in the general not been idle, but most of them have been employed in a manner appropriate to their sex and condition. Many of the first class have devoted the necessary attention to making and keeping in order their own apparel, and have executed numerous specimens of fine needle work, which have been greatly admired, and were no less useful than ornamental. Most of the second class have been regularly employed in sewing, spinning, knitting, &c. for the institution; have attended to cleaning and keeping in order their own apartments, and aided materially in the general domestic operations. The following statement furnished by the matron, will indicate to some extent the character and value of their labour.

151	female	dresses made,	at	37½	cts. each,	56	62½
108	"	under dresses,	"	25	"	27	25
56	"	aprons,	"	12½	"	7	00
30	"	bonnets,	"	12½	"	3	75
				Carried forward,	-	$94	62½

	Brought forward,		-	94	62½
27 female caps,	at	17	cts. each,	6	75
4 coats,	"	$1 00	"	4	00
31 pair pantaloons,	"	50	"	15	50
17 vests,	"	50	"	8	50
95 shirts,	"	37½	"	35	72
82 pair stockings and socks knit,	"	37½	"	30	75
82 pair stockings and socks footed,	"	25	"	20	50
187 handkerchiefs hemmed,	"	6¼	"	11	68
31 suspenders made,	"	6¼	"	1	93
61 comforts made and quilted,	"	$1 00	"	61	00
194 bed spreads made,	"	25	"	48	50
149 pair sheets,	"	25	"	37	25
90 bed ticks,	"	37½	"	33	75
78 bolster and pillow ticks,	"	12½	"	9	75
70 pair pillow cases,	"	12½	"	8	75
19 table cloths,	"	25	"	4	75
69 towels hemmed,	"	6¼	"	4	31
52 window curtains made,	"	50	"	26	00
468 cuts yarn spun, doubled and twisted, at 17 cents per dozen,		-	-	6	50
160 lbs. carpet rags sewed, &c., at 6¼ per dozen,				10	00
				$480	51½

In addition to the above, all the mending, darning, &c. for patients and servants has been done, which if paid for would have cost a sum but little short of the gross amount above specified, or if neglected would have involved a much greater loss by the speedy destruction of valuable articles of clothing and furniture, which have thus been saved.

Many of the patients could render valuable assistance in the culinary and laundry departments; but as slaves are necessarily employed therein, they seem averse to engaging in labour with them, nor do we feel at liberty to use our influence for the purpose of allaying this opposition. This is an obstacle which for palpable reasons, the northern asylums do not encounter, and hence, much of the labour in these departments is performed by their patients, and the

expense attending such operations, in this way much diminished.

The whole number of females in the institution during the year, has been *forty-nine*, of these, *thirty-five* have been employed, and only *fourteen* have been in a condition to render them entirely useless.

It would be exceedingly interesting, could we give a detailed account of the numerous cases in which employment had produced the most beneficial results; one, however, selected from each sex must for the present suffice.

No. 78 had been insane about 10 years, during the greater part of which time, but especially the latter 5 years, he presented the appearance of one labouring under *confirmed* dementia. For *seven* years he had not been heard to utter even a monosyllable; seemed indifferent to every thing around him, and had become so dead to all sense of shame or self-respect, that he wallowed constantly in his own filth. He was obstinately averse to locomotion, and hence when it became necessary to remove him, for any purpose, it was invariably done by the exertion of others, and without the slightest muscular effort on his part. During the last summer, he was taken to a part of the lot, not remote from the building, where many of the patients were engaged in digging and removing earth, and with much difficulty was induced to hold in his hand a shovel which was placed therein, but no persuasion could prevail upon him to use it. The following day the same course was pursued with him, and resulted in his throwing into the cart but a single shovel full of earth, and so day after day was the same routine of effort and persuasion resorted to and patiently persevered in, with a slight improvement on each occasion, until he became one of the most willing, industrious and efficient labourers about the establishment. He is now genteel in his deportment, neat as to his person, occupies a place amongst the highest class of labouring patients, goes regularly to the table, where he conducts himself with propriety, rises early in the morning, and after making up his bed, sweeping his room and bestowing the necessary attention to his person, is amongst the foremost at the place assigned for the labour of the day. He continues for the most part *dumb*, indicating his wishes by gesture; but occasionally will reply briefly to interrogatories

propounded in regard to his health or employment. An incident occurred with him a few months since, which is worthy of particular note. On one occasion at dinner, "lord Primat," who had uniformly presided at the table of the class to which he was attached, was unexpectedly absent, and as there was some reluctance manifested by most present, to being seated, until the ceremony to which they were accustomed, had been observed, the attendant very properly enquired whether any gentleman present would be so good as to officiate in his "Highness's" absence; when to his astonishment, as it doubtless will be to that of all who hear it, this individual, whose condition had so long been but little above the brutes, and who for seven years had not been heard to speak, now opened his lips for the first time, in giving utterance to expressions of gratitude to his God for mercies conferred, and in fervent supplication for a continuance of his blessing.

No. 35 has been insane sixteen years, and was amongst the first patients who entered this institution. Her malady resulted from disappointed love, which together with the fact that she was young, handsome, respectable and tolerably well educated, gave a romance to her affliction which rendered her at all times an interesting sufferer. Those who visited our asylum in its infancy, will doubtless recollect a young female whose slender and emaciated frame, pensive eye, plaintive moans and incessant repetition of the name of him she had loved, must have attracted their attention and aroused their sympathies. For many years this poor creature seemed of all others most wretched. She neglected her person, destroyed her clothing, and disturbed the establishment by her cries of distress, and indeed such was her condition that she had to be confined almost constantly to her apartment, or when permitted to be out, her hands were necessarily fastened by wrist-bands or some other means of restraint. After being here in this state for about eleven years, we succeeded some 18 or 20 months since, in inducing her to engage in some trivial employment, as winding yarn, &c. In this way she continued to devote by persuasion, a portion of her time each day, until she became interested in what she was doing, and sought more useful occupation. A change in her appearance and manner was soon visible, her mind seemed rapid-

ly to find relief from the burthen of its distress, and her physical system exhibited a corresponding improvement. She is now extremely corpulent, weighing about 180 pounds, is industrious, useful, contented and happy, and is so free from delusion, that we think it not improbable she will at no distant day leave the institution.

It is surely needless to add that these and similar cases which have occurred, induce us to place "labour and employment" as first amongst the moral means for the relief or cure of insanity. Nor with such results before us, can we ever despair of rendering the lunatic, whatever the duration of his malady, at least useful and happy.

AMUSEMENTS.

Most of our first class of patients, having been unaccustomed to manual labour, and being consequently disinclined to engage in it, would suffer much from *ennui*, if they were not provided with such sources of amusement as might be calculated to interest and please them. And even the labouring class, in bad weather and during the long winter evenings, beguile in this way many an hour which would otherwise be tedious.

It is our aim to gratify the tastes and feelings of all, and hence no effort is spared to afford such a variety of amusements as that some one may be found congenial to each individual in the institution. Cards, chess, drafts, backgammon, dominoes and the graces constitute a portion of the games with which both sexes are often employed.

Our library, consisting of more than 300 well selected volumes, is frequently drawn upon by the educated class. The books are read with attention and often with profit, and are always well taken care of and punctually returned. Unlike similar institutions in other states, we are not so fortunate as to boast of many donations from the publishers of religious or political periodicals and newspapers, a deficiency which we are disposed to think would not exist, did they for a moment imagine the avidity and delight with which such productions are usually sought after and perused. We cannot believe that there is less of the milk of human kindness pervading the breasts of Virginia editors, or that they are less able to display a commendable charity, where

objects deemed worthy may be presented, than the same valuable, intelligent and liberal class have proved themselves in other sections of our Union; and we must think that the neglect to which we now allude, has resulted solely from the fact that their attention has never been attracted to the subject. By an arrangement however, with the talented and humane gentleman who edits the "Staunton Spectator," whose benevolent interest, affectionate regard and exalted sympathy for this class of unfortunates, has been so often displayed as to demand this expression of our admiration and gratitude, we receive weekly from his office many papers published in this and other states. These are dispensed to every part of the building, and although some of the patients complain that the *news* is rather *stale*, yet on the whole, much pleasure and gratification is thus imparted.

To invigorate their physical as well as to benefit their mental health, all are encouraged to exercise as much as possible in the open air. Rambles into the country are sometimes taken by an attendant with his class, and often individuals are permitted to take long walks alone, or in groups, without the supervision of an attendant, on a pledge that they will punctually return. Many of the females, in pleasant weather, walk some distance every morning and evening, being properly attended. An ornamental and comfortable swing has been constructed near the building, more especially for their benefit, and is much used by them, and a neat carriage and well broke pair of horses is always at their command, and but few days are permitted to pass that it is not employed in conveying some of them to the country in pursuit of health or pleasure.

Music constitutes a most delightful source of amusement, even to those who are not performers, and besides violins, flutes, guitars, &c., it is our good fortune to have one of the sweetest toned pianos in this section of the country. There are also in the institution at this time, patients who understand music as a science, and whose performance on more than one of these instruments, could rarely be excelled.

DIET.

As heretofore, we have continued to supply our tables with an abundance of wholesome food, served up in good

style. The bill of fare for each class of patients is prescribed monthly by the superintendent, and has been as far as practicable, observed by the matron. We incline to the opinion, based upon some years observation, that in the general, insane persons require much more food to satisfy the cravings of hunger, than those who are in possession of their reason, and hence, none here except such as are invalids, are ever restricted in the quantity furnished them. There is, however, a considerable distinction made between the classes as to the quality and variety designated by the bill of fare; our aim being to accommodate all in the style to which they had previously been accustomed, and somewhat according to their ability to remunerate the institution the expense thus incurred. But whilst we endeavour to gratify them in this respect, and to furnish our table in a manner calculated to render them contented with the provision made for their sustenance, we do not feel at liberty to pamper their appetites or to supply them with costly luxuries.

The first class of patients eat at the steward's table, and the impression thus made upon most of them is highly beneficial. They feel as members of the same family, meeting daily around a common table, partaking of the same fare, and enjoying their repasts as social and intelligent beings. Owing to the number of this class having greatly increased within a short period, and there being no dining room sufficiently large to accommodate them, we have been obliged during the last year from motives of economy, as well as higher considerations, to erect a one story building 50 feet long by 22 feet wide, in the rear of and adjacent to the main building. This is now being completed and will afford us an airy and spacious room for this and other needful purposes.

Most of the other patients in the institution, according to their classification, eat at tables which are regularly and neatly spread, the sexes of course being confined to their respective departments. At these tables, there is always an attendant present, who sees that the food is properly carved and distributed, and when necessary preserves order. Instead of having their food dispensed in *tin vessels*, to be eaten with *pewter spoons*, or with their *fingers*, in some remote corner of the building, or some hiding place about the grounds, their self-respect is awakened and their pride

gratified, by seeing plates and dishes set in order before them, and the use of knives and forks being allowed them. Although there are *four* of these tables appropriated to as many grades of patients, there is no one of them, not even excepting the lowest, which is not attended by one individual at least, whose former habits and present disposition and feelings, induce an unwillingness to partake of his food, without an audible expression of thanks to the Supreme Being who bestowed it, and an appropriate petition for a blessing upon its use, from the same fountain of goodness and mercy. This ceremony is observed uniformly at meals, and is invariably honoured with marked respect by all present.

During the year, there have been in the asylum but *ten* males and *twelve* females who have not enjoyed the privilege of eating at one or another of the tables, and no instance has occurred in which even a threat has been made, much less injury been inflicted by the implements thus placed at their disposal. Of those who have failed to be at table, more have been prevented by physical than mental disability.

RESTRAINT.

As will have been inferred from previous portions of this report, we endeavour to control our patients by moral, rather than physical influences. If we can impress them with the idea that we are their friends, interested in their welfare, and anxious to promote their health and comfort, and by cautiously avoiding the practice of deception in regard even to the most trivial matters, scrupulously complying at all hazards with every pledge or promise made them, we calculate upon so acquiring their confidence and attachment that our *will* whenever expressed shall be to them a *law*. The insane are morbidly sensitive to manifestations of respect for their opinions, and as a general rule, retain that pride of character which induces them to value highly the confidence of others, and hence it is our custom to listen patiently to their communications. Nor do we ever permit them to suspect that we doubt their veracity, until they may have forfeited all claim to our good opinion by its palpable falsification. However boisterous, violent or mischievous a patient may be, provided his brain

be in that condition which permits him to retain even a faint idea of the moral force attaching to a pledge solemnly made, we are always satisfied when we can obtain from him such a promise, that he will be more quiet, peaceable and inoffensive, and not until this obligation is disregarded, do we feel at liberty to resort to any other means for the purpose of restraining him. I must confess, however, that we have not been so fortunate as some of the superintendents of similar institutions, particularly those in Great Britain, profess to have been, in being enabled to dispense entirely with physical restraints. We can unite cheerfully with the most ultra of them in repudiating every thing in the form of coercion or punishment; but with due deference to their better judgments and more enlarged experience, we must think that the comfort and well being of the patient, no less than the safety of others, absolutely requires, at times, that something more than moral suasion should be attempted. We have already cited cases sufficient to prove the truth of this position. Nor indeed is the individual himself always averse to the employment of such means. There is in this institution, one at the present time, whose propensity to tear his wearing apparel, bed clothes, &c. is so indomitable, and so far beyond his own control, that he often entreats us to confine his hands, and seems to view it as a favour when we comply with his request. Long sleeves, mittens and wrist-bands are the means which we use for such purposes, and occasionally we resort to the confining chair with good effect. At the time that this is penned, however, not a single individual in the asylum is encumbered with either of them.

For the better classes of the insane we have never used courts or wards, which are very common in those European institutions, where so great a boast is made of dispensing with restraints. These courts, however ornamented with shrubbery, trees, walks, &c., are nevertheless associated in the mind's eye, with a deprivation of liberty, and hence are exceedingly objectionable. The only patients for whom these were ever resorted to at this asylum, were those in every respect of the lowest order; but we have now placed even this class under a suitable attendant, who amuses and employs them, and so striking has been the improvement already in their habits and appearance, that we should be

extremely reluctant to consign them again to a ward, to wallow in the dirt, and be tanned by the rays of a scorching sun.

RELIGIOUS SERVICES.

It will probably be recollected that in a former report, I urged with some zeal upon the court of directors, the necessity of employing a chaplain, and establishing in the institution religious services at regular and stated periods, but for reasons which they doubtless deemed sufficient, action upon the subject was deferred until a more propitious season. From subsequent intercourse with the insane, and on further reflection, I became more and more convinced, that it was of the utmost importance to the contentment and happiness of many of our inmates, that they should be permitted sometimes to enjoy the advantages of public worship, and as for obvious reasons, very few of them could with safety or propriety, attend such ministrations in the neighbouring churches, we resolved in the early part of the past year, to convene those of them who might be disposed to attend, on each sabbath afternoon, for the purpose of reading to them a sermon, selected with care from the writings of some judicious divine, and that with one heart and one voice, we might unite in offering praise, thanksgiving and supplication to Him, who when on earth, "delighted to behold the wild maniac at his feet, sitting and clothed in his right mind;" and who so affectionately invites all, whatever the character of their affliction, to come to him, that they may be healed. These meetings were commenced on the 21st day of February last, and have been held, without intermission, on each succeeding sabbath. And from the good effect already produced, as well as the growing interest daily manifested in regard to them, we can but mark their introduction as an epoch in the history of our institution. The officers and attendants are punctual in being present, and the patients consider it so valued a privilege to attend, that a fear of its forfeiture often secures a degree of self-control which no other influence could effect. It is by no means unusual for individuals who are excited and noisy, when the sound of the bell is heard summoning them to service, to become instant-

ly calm and quiet, and are afterwards observed to conduct themselves throughout the ceremonies with the utmost propriety and decorum. Some who cannot be controlled elsewhere, are at such times calm and composed, and it has several times happened that those who have been brought to us bound with chains, owing to the supposed violence of their insanity, have within three days after their arrival, been permitted to attend these meetings without the least excitement, restlessness or impatience being manifested. It is indeed most gratifying to behold the solemn stillness which pervades these assemblies; the respectful attention exhibited on such occasions, and the deep interest depicted in the countenances of the audience. Before us sits usually "lord Primat," whose empire extends over the whole church militant. On our right appears the "Virgin Mary;" to the left of us, is to be seen the fallen angel, "Apollyon," and immediately at our elbow, sits the "Mother of the ten tribes of Israel;" all for the time seeming to forget their peculiar hallucinations, whilst their thoughts are engrossed in rational meditation upon the simple and sober truths of divine revelation.

Many of our patients although labouring under mental delusions in regard to some subjects, are nevertheless, so entire masters of their own conduct, retain so correct a sense of right and wrong, and appreciate with such accuracy the relation which they sustain to a Supreme Being, that they can but be considered as moral agents equally responsible with ourselves, for their thoughts and actions; and hence we can but feel happy, at being enabled to afford them even such opportunities for religious enjoyment and spiritual improvement; and in regard to those whose minds may be so far impaired as to exempt them from such responsibility, still the setting apart one day in seven for this purpose, has the effect, if it does nothing more, of breaking in upon the monotony of their existence, and thus relieving them from that *ennui* which uninterrupted sameness is so certain to produce.

The singing is executed by a choir composed of attendants and patients, who meet on certain evenings during the week, with a view to improvement in this respect, and besides the social pleasures derived from these associations, (which seem to be highly prized,) our music on the sabbath is thereby greatly benefitted.

Out of the whole number in the institution during the year, *one hundred* have attended these services more or less regularly, being about four-fifths; and the average number present upon such occasions, exclusive of officers and attendants, has for a short time past been about *seventy*.

I will be pardoned doubtless for again calling the attention of the directors to the importance of employing a suitable chaplain. This has been done in several of the best institutions in this country, with the most beneficial effects, and its advantages over the system pursued by us, must be so apparent to the board as to render comment unnecessary. I do not of course apprehend for a moment, that a motive of selfishness will be attributed to me in urging this recommendation; as my past course must surely afford ample evidence, that no labour, effort or sacrifice would be shunned, which by possibility could add to the happiness or well-being of those entrusted to my charge. Nor is it necessary to add, that if from pecuniary or other obstacles, the directors should now deem it inexpedient to comply with this suggestion, although I may regret the necessity which impels to such a decision, still with cheerfulness will I continue to perform the duty heretofore assumed.

CONCLUSION.

The success of this, as of every such institution, depends necessarily in a great measure upon the industry, vigilance and fidelity of those occupying subordinate stations, and hence I cannot conclude this report, without first expressing my warmest thanks to all who may have aided me in my arduous and responsible duties during the year which has just terminated.

The steward has not only exercised that humanity towards the patients for which he is proverbial, but has displayed a devotion to the interests of the asylum, and a zeal in discharging the functions of his office, worthy of all praise.

The matron has been kind and attentive to those confided to her care.

And the various attendants have so conducted themselves as to merit the respect and confidence of all who feel an interest in the prosperity of this institution, or in the welfare of its afflicted inmates.

And finally, gentlemen, in justice to my own feelings, permit me to express a sincere gratitude for the kindness and courtesy which it has been my happiness uniformly to experience at your hands. The time and attention of the directors has doubtless been much more heavily taxed in behalf of this asylum, than the public generally are aware, or than your own individual interests might have justified; and it is with no ordinary degree of pleasure, that I acknowledge your invariable readiness to assist me in my labours, and counsel me in my difficulties. Stimulated by your goodness, and encouraged by your confidence, I shall persevere with unabated energy, in my efforts to promote the success of an institution, which you have for years guarded with a praiseworthy solicitude, and the prosperity of which is no doubt identified in some degree with your fondest hopes.

FRANCIS T. STRIBLING.

January 1*st*, 1842.